

Marie McAneney

### The Six Core Human Needs

As humans we all have basic needs that we try to meet in our everyday lives.

Whether consciously or unconsciously we will try to fulfill the needs which are most important to us. However, our quality of life can be affected by how we choose to do that.

We can try to fulfill our needs either in a negative and harmful way or in a positive and empowering way.

If the way we try to meet those needs is not in line with our values then we will experience conflict and discontent.

When we are able to align our needs with our highest values then we will feel more complete, and more fulfilled.

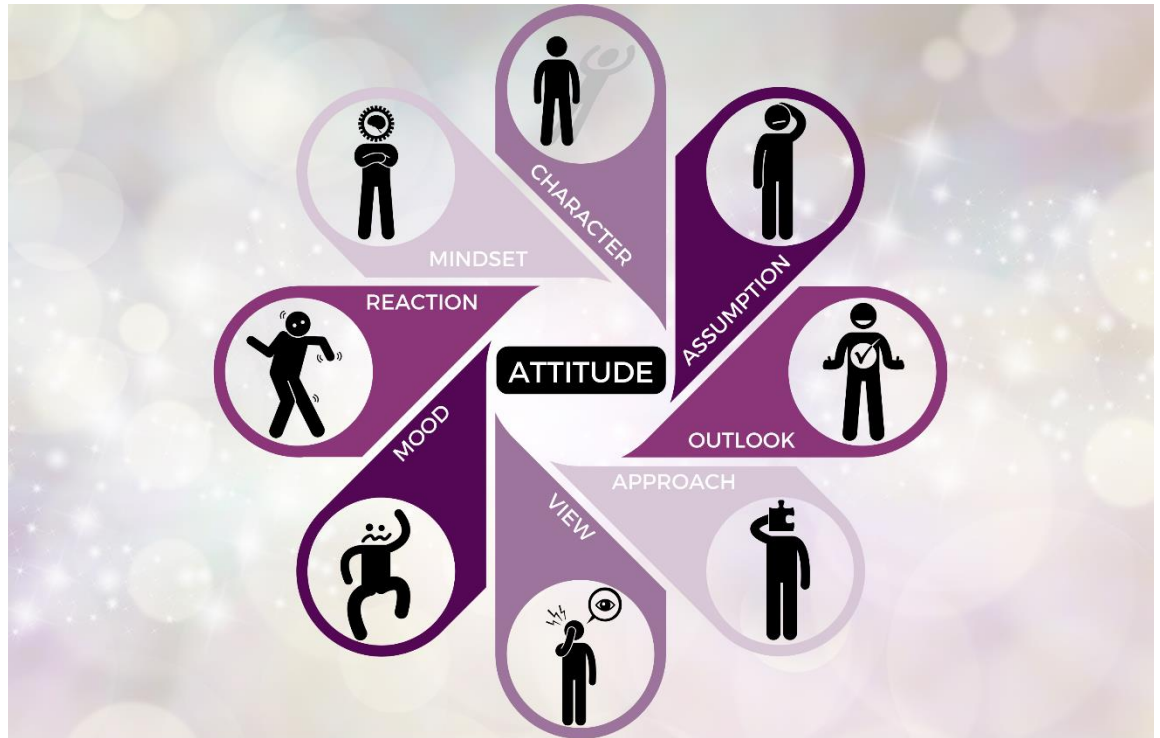
According to Human Needs Psychology there are six basic needs which are universal and that we all try to fulfill varying degrees.

Usually, one or two of these needs will be foremost, and will have an over-arching influence on our behaviour.

Read More: [Download Free E-Book](#)



Discovering which needs are most important to us and how we try to meet those needs is an essential step towards having more harmony in our lives and our relationships.



It is time to take responsibility for you life now!

Marie McAneney

### Your Attitude is Your Responsibility!

Take Responsibility Now!

The moment you choose to take responsibility for your attitude, you can consciously adjust your state, which will have a positive influence on your relationships, and the world around you.

**Character** - Being responsible means doing the right thing even when nobody is looking. This is about your nature and who you are as a person

**Assumption** - Never assume that other people have the same map of the world. You don't know another person's story.

**Outlook** - How do you look at the world. Are you the glass half empty or glass half full person?

**Approach** - A different approach with the same attitude doesn't make any difference at all! If you are not willing to change then don't expect your life to.

**View** - The way you view people is the way that you will treat them. The way you view yourself affects how others view and treat you.

**Mood** - Your mood and state of mind matters, because what you think about and focus on you will attract more of

**Reaction** - Life is 10% what happens to you and 90% how you react to it

**Mindset** - Whether you think you can, or you think you can't you're right

### How to Balance your Chakras with a Crystal Grid

Chakra Crystal Grid Instructions

Marie McAneney

Your Chakras control the flow of energy between your physical body and your spirit body. Every person and thing that you come into contact with releases energy.

Page 2

### Sigils for the Soul

Digital Art and Reading

Marie McAneney

Your subconscious does NOT speak in words; therefore, Sigils are very effective in assisting to manifest your intention. 50% Off till end of January 2023

Page 3

### Soul Medicine Women's Retreat - Vietnam

May 20-27 2023

Marie McAneney

2023 is the year for you to pursue an attitude of kindness and consideration towards yourself. Showing self-compassion is prioritising self-care.

Page 3

Marie McAneney

# How to Balance your Chakras with a Crystal Grid

## Chakra Crystal Grid Instructions

Your Chakras control the flow of energy between your physical body and your spirit body. Every person and thing that you come into contact with releases energy. The chakra system is constantly filtering through the energy that you encounter, either storing it or releasing it. When the stream of energy within your chakra system is flowing freely, it can move through your body with ease, and all aspects of your mental, physical and spiritual body will be in alignment. Your chakras can function independently, but they function the most powerful when they are aligned and working together. Use your grid and crystals to balance your chakras (*Energy Centres*) for happiness & wellness.

### Requirements for use:

- Chakra Crystal Grid
- 7 Chakra Crystals (Amethyst, Lepidolite, Sodalite, Aventurine, Citrine, Carnelian, Garnet)
- Pendulum

### Your Chakra Grid can be used in the following way:

To begin you need to specify that the source for your pendulum's information is your higher self. To do this you can repeat the following (I call upon the higher self to answer these questions. I seek only truthful answers which are aligned for the highest and greatest good for all)

### Position yourself, your Chakra Grid and your pendulum as follows:

- Sit up straight
- Put both feet flat on the floor
- Place the Chakra Grid on a flat even table surface
- Use the Chakra Symbols on the Grid as "proxies" or stand-ins for your body's Chakras. In doing so you will be able to get specific information about the energy state of each individual chakra
- Steady your elbow but not your hand on the table surface holding the pendulum loosely in your hand, dangle it directly over one of the chakra symbols and as you do visualise the specific area on your body that corresponds to that chakra. Use the symbols on your board to visualise where each of these chakras are on your body
- Ask your pendulum to show you the energy of this chakra. Write down the direction and size of the pendulum's swing
- To ascertain the state of all seven chakras, repeat this process - one symbol at a time - noting the details of your pendulum's movement for each

Use the table below to interpret your results. Note: In addition to the direction of the swing, noting the size or force of the swing will give you information about the intensity of the chakra's energy signal. A large swing typically indicates that a stronger signal or energy level is propelling the pendulum, whereas a small or tentative swing can mean that a weaker signal or lower energy is present

Direction of Pendulum Movement	Chakra State	Meaning
Clockwise	Open	Energy is in balance & flowing freely
Counter clockwise	Closed	Energy is restricted, out of balance, or blocked
Straight line (either direction)	Partially open/closed	Energy imbalance and/or partial blockage
Elliptical	Right/Left side imbalance	Energy is flowing, though out of balance on one or both sides
No Movement	Blocked	No Energy is moving through, full bloc

Use the specific crystals aligned to each chakra to bring them back into balance and to help the energy flow freely.

- Place the crystal on the corresponding chakra symbol to assist it to flow freely and bring it back into balance

[Download](#) full (FREE) document which includes specific crystals to use and other healing methods which can assist with your Chakra Balancing.

Marie McAneney

## The Alchemist

By Paul Coelho

Santiago a shepherd boy from Andalusia, sets out on a journey to the Egyptian pyramids, in search of a worldly treasure, after a recurring dream and an encounter with a gypsy who interprets his dream as a prophecy, telling him that he will discover a treasure at the pyramids.

He meets many people on his quest, and he learns a great deal about love, business and life. Santiago encounters a wise Alchemist, who teaches him to realise his true self. They encounter warring tribes as they make their way across the desert, and this is where Santiago must demonstrate his oneness with the "Soul of the World" by turning himself into the wind and overcoming his fear before they are allowed to proceed. Fear is one of his greatest obstacles in pursuit of his personal legend.

His story teaches us we must be open to finding our destiny in unexpected places, and that it must be found before we can truly live the life we were meant to live.

It teaches us not to give up on our dreams, to follow our heart and to fulfill our destiny. Life is a journey of magic, mystery, and adventure. It is about listening to our inner wisdom and believing that nothing is impossible if it is what our hearts desire.

It is about facing your fears and not allowing them to hold you back from achieving what you want.

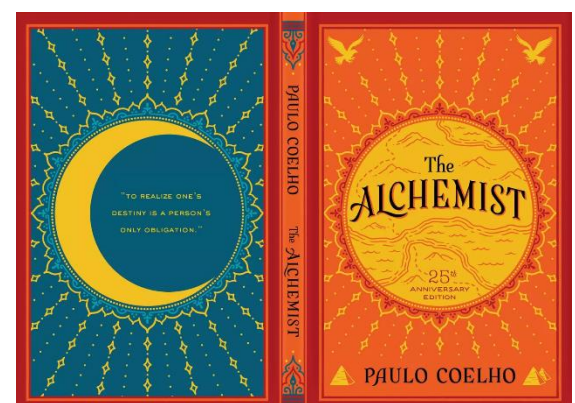
The Alchemist is about having the courage to never give up in the pursuit of your happiness.

If you fall, get up, never give up, because just as you about to give up, it might be the moment you will achieve what it is you are seeking.

As you head into 2023, continue to listen to your heart and follow your purpose in the quest of your Personal Legend (Destiny).

### Some Lessons from The Alchemist

- The simplest things in life are the most extraordinary
- There is only one thing that makes a dream impossible to achieve: the fear of failure
- When you possess great treasure within you and try to tell other of them, you are seldom believed
- When you want something, the whole universe conspires in helping you to achieve it
- The treasure we seek elsewhere, we find at our doorstep
- Life wants you to achieve you Destiny



**The Alchemist** is a novel by Brazilian author Paulo Coelho which was first published in 1988.

Marie McAneney

## Sigils for the Soul Digital Art & Reading



**Affirmation:** I am knowledgeable, and I am deserving

The art of creating Sigils, transforms your intention statement or positive affirmation into a symbol that, along with your infused energy, represents that intention in a way that your subconscious can hear and understand it.

Your subconscious does NOT speak in words; therefore, Sigils are very effective in assisting to manifest your intention.

Your Sigil Art, is intuitively created, using letters from your affirmation/Intention and

with crystals, symbols and colours which are combined to represent your sigil message.

Even more than that, with your custom-made sigil art, you are provided with a PDF copy of your Sigil Reading message, which includes a mockup picture of your sigil, and interpreted messages about what the colours and crystals used, signify for you.

Affirmation, Words, Intention can be used to create your unique Sigil

[Book Your Sigil Reading Here](#)

Use Coupon Code **SIGIL50** for 50% off your reading. *(Expires 31 Jan 2023)*



**Affirmation:** I am knowledgeable, and I am deserving

Marie McAneney

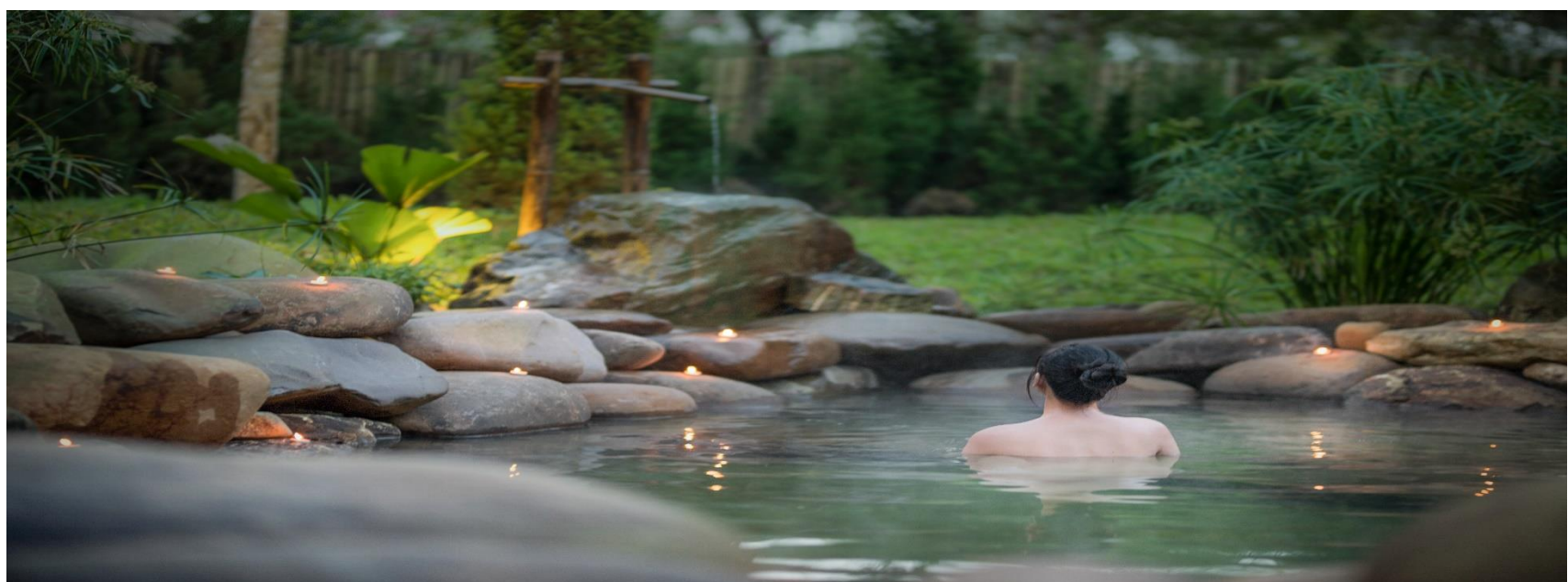
## Ground/Clear/Protect Daily Ritual

This ritual can help you get set for the day.

Grounding yourself is important as it helps you to settle your energy. You can connect to the beautiful grounding energy of Mother Earth, by putting your bare feet on the earth or by imaging your feet as roots going deep into the earth. Water of any kind can help wash away stagnant, unwanted energy that is clinging to your Auric field. Imaging that you are bathing in water is just as powerful as being in the water. Mentally place your body in a circle of white light, ask the white light to surround and protect you as you go about your day.



[DOWNLOAD HERE](#)



### 5-star Alba Wellness Resort by Fusion

Marie McAneney

## Soul Medicine Women's Retreat - Vietnam

7 nights from \$1,685\* pp | 20-27 May 2023

2023 is the year for you to pursue an attitude of kindness and consideration towards yourself. Showing self-compassion is prioritising self-care. Taking action and approaches that embody being kind and considerate to yourself is taking care of your soul.

It is so important to take care of your body, mind, and soul by engaging in activities that promote well-being and reduce stress.

Join us in May as we immerse ourselves in 7 days of soul nourishing activities in beautiful Vietnam. Doing so will enhance your ability to live fully, vibrantly, and effectively.

Make 2023 a year of allowing:

- ♥ Allowing yourself to time and space to recharge.

- ♥ Allowing yourself to step out of your comfort zone and embrace the unknown.
- ♥ Allowing yourself the opportunity to explore and grow.
- ♥ Allowing yourself to live fully in the now.
- ♥ Allowing yourself to connect deeply with like-minded individuals
- ♥ Allowing yourself to be at one with nature.

Often being kind and compassionate to yourself is overlooked. Is it not time, that you said yes to YOU?

To [BOOK](#) or find out more, contact Trish your personal travel manager - Click [HERE](#)

Email: [trish.clowes@travelmanagers.com.au](mailto:trish.clowes@travelmanagers.com.au)



Handcrafted custom made, intuitively crafted crystal lamps

## Crystal Healing Lamps

### Custom Made for you



Marie McAneney  
Women's Intuition Mentor

Each crystal lamp is custom made and handcrafted with love and passion. Working with the crystals is an intuitive creative process.

Everything consists of energy. Crystals provide the energy that your body needs to return to balance.

To make the crystal lamp I begin by sourcing a piece of wood from the land/Mother Earth. I choose pieces with character and charm. Ever since I was a little girl, I have loved natural wooden items. My grandfather used to turn wood in to magical pieces on his lathe. I have always felt connected to the grounding energy of the wood. So, it makes sense that I would combine my love of crystal with wood to create these stunning magical lamps.

Next, I clean the wood with water and allow it to dry, I then seal the wood with a clear water-based lacquer. It is now ready for the placement of the LED lights. These are glued in place with a hot glue gun.

Crystals are quite expansive and so are the properties of each stone. They all have many benefits. The crystals that I use in my lamps are all raw crystals that let light shine through. Such as Amethyst, Rose Quartz, Clear Quartz, Sulphur, Lemon Quartz, Lemon, Orange, Honey & Blue Calcites, Fluorite - Purple, Green and Blue, Citrine, Emerald Calcite and Quartz and Amethyst Points.

Crystals in their raw form - I believe have a higher energetic vibration and this is why, I like to use them in the creation of my lamps.

When making my lamps I am intuitively guided. It's like finding the right piece to fit the jigsaw. All crystals are glued in with a hot glue gun and when complete they are finished off with a layer of epoxy resin glue, securing them in place so that they don't move.

Each lamp is very special to me, and it is hard to let them go. I am sure all artists feel this way about their work. The lamps all have a unique beautiful energy, and I feel this, as do their new owners. That is what makes them so special.

The way in which someone interacts with their crystal lamp and experiences their benefits, is very personal. Someone might like to have the lamp on, when meditating, others may like in on in the bedroom, family room or healing room. I have several lamps in all areas of my home and they are very calming, and peaceful. I would not be without my crystal lamps.

Crystals are a wonderful addition to a holistic way of life and can be a healing and supportive self-care practice. They can assist with shifts in patterns of thought and behaviour. Keeping your mind open to their lessons and influences will only further your relationship with these magical minerals.

Having a crystal lamp in your possession can offer a healing way to clear blockages, increase energy flow and balance your system.

“Crystals provide the energy that your body needs to return to balance”

- Marie McAneney

Harnessing the power of crystals is not new, they have been around since ancient times, and were used as tools for emotional, spiritual, and physical healing. They were also used as protective charms by the Greeks and Romans. The Mayans and Native Americans regarded them as sacred, offering connection to the divine.

Crystals and their high vibrational energy are a perfect combination with the grounding of the wood from Mother Earth. They allow us to be still and ground ourselves in the Earth's energies amidst the craziness of our everyday lives.

Each of these crystal lamps comes with an explanation of the metaphysical properties of the crystals used in the lamp. They also come with a guide to assist the owner, to connect with their beautiful lamp. Each lamp has a USB connection and a remote control with 16 colour selections, and flash, strobe, fade and smooth options are also available.

**Amethyst**

Relieves physical, emotional and psychological pain or stress. It's used as a natural sedative and healer, calming and soothing the wearer. It is thought to be a powerful protection stone warding off psychic attacks and negative energy.



**Green Fluorite**

Helps unclog our Heart Chakra, absorb negative injury and trauma, and give us mental clarity and focus to overcome anything that blocks the Heart Chakra from complete openness.



**Blue Calcite**

Helps to soothe the emotional body. Protecting us from the bombardment of other peoples thoughts and emotional energies. It stimulates the throat chakra to help with expression of insights received.



**Honey Calcite**

Helps to increase feelings of self-worth, confidence, courage, and assists to overcome obstacles. It is helpful for learning of all types and developing skills.



**Citrine**

Opens the inner doors to increased clarity of thought, enhancing your creativity and manifestation. It is purifying and when you choose the path of love and joy, it supports you to bring through what is truly beautiful.



**Orange Calcite**

Enhances creativity and assists to balance the emotions, removing fear and helping one to overcome depression. It dissolves problems and helps you reach your potential. It is a highly energising and cleansing crystal.



Please reach out to [ORDER](#) your unique healing crystal lamp. Prices start at \$100 upwards - depending on size of lamp and crystals used.

Marie McAneney

## Flip The Script

Body, Mind and Soul Podcast



Conversations with real people.

Conversations with people who have "flipped the script" and overcome hardships, obstacles and life's daily challenges, and who now live life on their terms, trusting their hearts and intuition. Discover strategies and tools to help you "flip your script" and live a more abundant and fulfilled life.

Episode #1: ["Recovery Is Possible" with Natalie Rodgers](#)

Episode #2: ["Labels Are for Cans" with Rose Porterhouse](#)

Episode #3: ["Learning To Listen To Our Body" with Fiona Stothart](#)

Episode #4: ["Leaving Toxic Relationships" with Chez Hughes](#)

Episode #5: ["Living A Life That Is Authentic To You" with Morgan Rico](#)

Episode #6: ["Moving from Victim to Creator" with Melanie Gilchrist](#)

Episode #7: ["Living with Bipolar" with Natalie Rodgers](#)

Episode #8: ["Using Your Intuition To Pave A Successful Life" with Amanda Hart](#)

[Contact Marie](#) if you would like to share your story and be interviewed on the podcast.

Marie McAneney

## Services

### SERVICES

One on One <small>(Book Online or Call to Enquire)</small>
Psychic Clairvoyant Readings <small>(Akashic Records Soul Readings)</small> \$120 - 1 hour
Feminine Power Guidance Reading \$60 - 20 mins
Body, Mind & Soul Coaching \$130 - 1 hour
Crystal Chakra Balancing \$170 - 45 mins
Essential Oil Emotional Support Reading \$110 - 45mins
Signs For The Soul Custom Art/Reading \$110 - 45mins
Custom Made Crystal Healing Lamp <small>Price Variable (Made to suit your budget)</small>

Group Events <small>(Contact For Bookings)</small>
Soul Art At Your Home/Workplace \$30pp (Host Free)
<b>Workshops</b> Nurture You - Essential Oil Blend Empower You - Neurographical Art Creative You - Intuitive Breath & Meditative Alcohol Ink Art
<b>Retreats</b> Soul Medicine Retreat Vietnam 7 Nights - 20 - 27 May 2023



0417-579-167  
info@mariemcaneney.com  
www.mariemcaneney.com.au



### ABOUT MARIE

Marie is a Women's Intuition Mentor, Body, Mind & Soul Coach, Chakra/Crystal Healer, Wellness Advocate, Akashic Records Reader, Psychic, Clairvoyant, Creative Mindfulness/Art Facilitator, and Digital Social Media Designer. For the past 30 years, Marie has compassionately cared for and supported others, in her previous career as a Registered Nurse, in all areas of health, including mental health. Marie is also a certified workplace trainer & assessor.

To learn more about Marie's Services and to book in please click [HERE](#)

## Shop Products



[Chakra Bracelet with Lotus Chakra Charms](#)



[Chakra Essential Oil Blend 1.5 ml Bottle](#)



[Crystal Chakra Set](#)



[Beaded Lava/Chakra Essential Oil Bracelet](#)



[Amethyst Quartz Cluster 6 x 5 x 5cm](#)



[Selenite Polished Point](#)



[Citrine Cluster 13 x 8 x 5 cm](#)



[Beaded Lava/Chakra Essential Oil Bracelet KIT](#)

## Social Media Links



## Calling for Newsletter Articles

If you would like to contribute to the monthly newsletter and submit an article or free download, please send an email with your information [HERE](#)