

# In Good Spirit

The newsletter of

**Group Reading  
Values!**  
See the back  
page for  
details

FEBRUARY  
2009

## Phyllis King *the Common Sense* PSYCHIC



### EVENTS and NEW ADDITIONS TO THE WEBSITE:

I have a new Radio Station Broadcast, beginning in January, 2009 on ContactTalkRadio.com . Be sure to check my schedule inside for a current list of the guest appearances and programs that have been scheduled. Listeners will always have an opportunity to contact us with questions and comments, both on air and off. We want to hear from you!

Please visit my website and check my EVENTS page, and you will see where I am, what workshops I'm involved in, and other radio and TV appearances.

SEE ME ON FACEBOOK - visit [www.facebook.com](http://www.facebook.com), type in Phyllis King, and join the fun of online communication with a lot of my friends and colleagues.

The following dates are my schedule for Guest Hosting "Seeing Beyond" on KEST 1450 AM in 2009:

March 2nd

April 7th

May 5th -

June 8th

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For a fun look at my view of myself, see my YouTube video on [www.youtube.com](http://www.youtube.com) . Type in "The Common Sense Psychic" or just visit my website, [www.PhyllisKing.net](http://www.PhyllisKing.net)

## The Energy of Life!

At times my life has read like a struggle for survival, as have many lives. The challenges in my life have included loneliness, betrayal and rejection by many I held most dear. As I lived through these events, I developed strength, courage and love. With courage I faced my fears. With strength I remained true to myself. With love I experienced renewal.

As an incest survivor, I know a lot about control, abuse of power and fear. The person who abused me, and the people who allowed it to continue, were all people with lives veiled in fear. Over time, as I healed, it became difficult to hate these people although the injuries I experienced at their hands altered my life and personality forever. Why is it I don't hate these people? Moreover why is it that I send love to them?

What I came to learn through my healing process is that all our experiences contribute to the totality of our spirit and consciousness. It is "I" who make the difference in how experiences shape my life. No person or event has the power to choose how I create my life. No injury can stop me from realizing my potential. The only person who can stop me from realizing my potential is me.

The path to success for me lay in forgiveness. Forgiveness led me to compassion for my victimizers and the darkness in their hearts. Compassion taught me that it is only when all people are whole and complete will humanity live in peace and prosperity.

I have met many people who define their lives with a victim mentality, consciously or unconsciously. The position of victim is power-less. You cannot create a prosperous life from a victim position. The lie about "they did it to me" is really a mask for fear that says "Am I valid? Do I matter? Can I believe in myself?" The "victim" is afraid that the lie is true. Victims stay entrenched in the illusion of comfort and connection, even when the comfort or connection is empty and painful.

From childhood, I was blessed to know there was more to life than what I saw, touched, tasted or smelled. I held on to my center tightly. Even when no one else would tell me I mattered, somehow I knew I did matter, and that one day my value would be reflected back to me.

Through all my trials and tribulations I listened to my inner voice, my conscience, my connection to Source. I learned that it was the noise of life, that most often contributed to my errors in judgment. So, I learned how to center myself. I learned how to tell the difference between a truth and a lie. Our bodies are natural lie detectors, if we will listen. More accurately, our bodies our truth detectors. They practically hum and buzz when truth is spoken. We feel peaceful when truth is present. Too often we turn away from the inconvenience of truth. We must always embrace truth without judgment.

If we want to create a free flowing relationship with Source, we have to move away from the concepts of good, bad, better, worse. The events, relationships and circumstances we experience must be viewed neutrally. When neutrality cannot be gained, we must practice the art of "re-framing." We must frame every experience in such a way that we garner a positive position about our circumstance. In truth it is an energy game. We must actively participate in managing the energy of life. If we judge

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# NEW SHOW SCHEDULE @ [www.ContactTalkRadio.com](http://www.ContactTalkRadio.com)

## Listen live Tuesdays, Noon to 1 p.m. (PST) - 106.9 Seattle

The call-in number is 877-230-3062 for my [www.ContactTalkRadio.com](http://www.ContactTalkRadio.com) broadcasts

We also offer live "chat" interaction, if you log on to the website. You don't have to call, you can "chat" with the host via IM.

You can also email me questions both before and during the show. Your question can be answered for free.

Log on to my website- [www.phyllisking.net](http://www.phyllisking.net) and click on "free question" or email me directly at: [phyllis@phyllisking.net](mailto:phyllis@phyllisking.net)

### Show/Guest line up:

**February 10 - On Air Readings:** You can call in if you have a question you'd like answered on the air. Alternatively, you can email me a question before the show, and I will answer it on the air. You can either listen for your answer during the show, or check the show archives at your leisure to hear the answer. Be sure I have your first name, and first initial of your last name if you send a question via email.



**February 17 - Eric Pearl** - Dr. Eric Pearl, a miraculous healer will visit the show. He is a best selling author many times over. His book, "The Reconnection," has been translated into 30 different languages. He travels constantly, sharing his insights and information. Miracles occur with regularity when he is around. You won't want to miss this opportunity to ask questions and hear his insights!

### February 24 - On Air Readings



**March 3 - Dr. Nancy Irwin** is the author of "YOU-TURN: Changing Direction in Mid-life," a collection of "Over 40 stories of people over 40." The inspiring stories are from a diversity of real people who started a new path and will motivate you to do the same. Dr. Irwin is a certified practitioner of Neurolinguistic Programming, Time Line Therapy and Emotion Free Therapy. She combines these modalities with hypnosis to effect the most rapid change possible for her clients. While Dr. Irwin treats over 100 different issues, she is dedicated to treating victims of child sexual abuse as well as abusers.



**March 10 - Susan Hull Bostwick** - Susan Hull Bostwick, has 34-years of experience, in teaching and leading, at the Berkeley Psychic Institute. She has a passion for showing people their natural psychic abilities. "I teach psychic tools, and how to find your own truth within," she says. A former journalist, school teacher and goat farmer, Susan also leads world-wide past life journeys.

**March 17th - Lance Ferguson** - Lance Ferguson began Skywatch Astrology in 1989 after learning the craft of Astrology from a dear friend. A love of math and science paved the way for a smooth assimilation of Astrology. After graduating college, and pursuing a career in radio and journalism, astrology tapped into forces deep inside him, and it "blew him away". He never looked back. Lance is a staple on the San Francisco program, Seeing Beyond, and has been for 20 years. Now he begins a new chapter broadcasting weekly on The Phyllis King show



**March 24 - Donna Morrish - From Suicide Hotline to Healing Peace** - Do you love science and spirituality? Donna Morrish can help you find the perfect compliment of these practices, to help you navigate the challenges of daily life. During her almost 30 years in mental health work in the San Francisco Bay Area, Donna has stayed focused on learning what helps people heal and grow. A gifted healer who believes spirituality and the body-mind connection are important components of good mental health, Donna sees herself as a facilitator who helps her clients take responsibility for their own healing.



**March 31 - Matthew Engel** LCSW, CHT is a Psychic Channel, Psychotherapist, Hypnotherapist, and Past Life Regression Therapist. His passion is to empower people to actualize their higher purpose and connect with their higher guidance. Matthew is one more in an increasing number of talk therapists who embrace the use of spirituality and alternative healing techniques to facilitate a deeper more heart-felt level of personal growth.

From his 11 years as a psychotherapist and over 20 years studying multiple spiritual modalities, Matthew brings a unique combination of skills to his clients and the community. He provides his services separately and through an integrative process. Matthew's Psychic Development & Channeling classes are highly regarded in the San Francisco Bay Area. Don't miss this opportunity to speak with and listen to this powerful teacher.



**April 7th - Annette Martin** - World renown psychic detective, Annette Martin will appear. She will talk about her book "A Gift From the White Light." She has been featured on countless television shows for her work in finding missing persons and working with the police. I have had a reading with her and she is a delight!

### April 14th - On Air Readings



**April 21st** - Kristina has known about her clairvoyant abilities from a very young age. In her early 20s, she decided to harness these abilities with the guidance of the Clairvoyant and Graduate Program of the Berkeley Psychic Institute (1994-1997). During this concentrated time of reading and healing, Kristina taught classes in meditation and aura healing. She has expanded her healing art to include her Reiki training and most recently, by attending classes at Arthur Findlay College (U.K.) in trance channeling. She is now working on her first book. Kristina can take a look at past lives, relationship issues, and contracts you may have with another as well as spirit guides and any other energies that may be wanting to hold you back or push you forward.

# Workshops

## In Good Spirit

Phyllis hosts the following workshops with her colleague, psychotherapist/healer, Donna Morrish.

- **Past Life Regression**  
\$125.00 - 3 to 4 hours, varies depending upon group size  
Previous topics have included: - recovering a talent from a previous lifetime  
- remembering a lost love or soul mate  
- remembering a geographical place on the planet where you prospered  
- identifying a past time conflict with yourself or someone you know  
in present time and gaining insight to solve it
- **Re-Connecting with Deceased Loved Ones**  
\$125.00 - 3 to 4 hours, varies depending on group size  
~ Phyllis will help you initiate communication with a loved one  
~ Donna helps you address unresolved or unspoken issues

- **Meditation (featuring Donna's "Paths of Grace" CD's) / Psychic Reading Event**  
\$40 - 2 hours, includes a copy of one of Donna's CDs to take home  
~ Donna leads you through a divine meditation to help you clear your energy, and make yourself ready to receive information  
~ Phyllis will answer your questions and read your energy
- **How to Create What You Want, and Stop Creating What you Don't Want** \$125.00 - 3 to 4 hours, depending upon group size  
~ Phyllis and Donna explain how the creative process works energetically  
~ Donna leads you through heartmath or a meditation process, and a writing process help you identify blockages to your progress and/or prosperity  
~ Phyllis reads your energy around prosperity, and answers your questions about your creative mechanism

## The Energy of Life! continued

energy, we create filters through which we must try to receive, or through which our contributions must navigate to reach manifestation. Energy like truth is just "what it is." The ability to embrace that reality empowers each of us to create the landscape of our lives.

People may ask me "how can you say incest is positive?" Incest, as a stand alone act, is not positive. I chose to frame my reactions to it in a way that caused me to become a better person and a stronger person owing to the experience. I developed aspects of myself I might not have ever considered. My choice was to remain open rather than closed. I chose to believe in self, rather than disbelieve. I chose to believe there is more to life than the physical. My consciousness expanded. My heart expanded. I came to know that only those in pain hurt others. But further I learned that if I could contribute to the healing of any other being I am doing a service to myself and humanity.

My answer to all my dilemmas in life is to expand my awareness, my love, my compassion, my strength, and to spread it in as many directions as possible, including the direction of those who have caused me the greatest injury.

As I have become accomplished at re-framing and giving, the joy in my life has increased exponentially. I feel connected to a life purpose. I have a knowing-ness that I am living the life I am meant to live. There is no question I am fulfilling my potential. If I were to break it down, my formula for personal success lay in the following seven steps:

1. Belief in self, no matter what - You matter. Your unique opinion and ideas are vital to our planet. You have a contribution to make that no other person can make. It is not more important than any other contribution. Yet without your unique stamp, humanity will not fully prosper.

2. Learn to listen to self and to what is not said - Learn to turn down the noise of life so that you can hear your guidance, your truth and the insights that come to us through the grace of synchronicity.

3. Honor and protect the truth - This is all we have as spirit in the physical body. It is the key to establishing your relationship to Source and to finding your life's purpose.

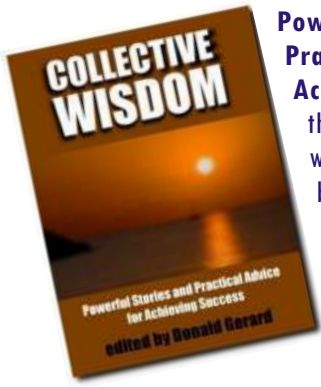
4. Embrace forgiveness It's an energy game - To keep your energy clean and open release painful experiences, and clear the way for those who have injured you to find the light in their own lives.

5. Move away from a judgment mentality - Judgment is an impediment to spiritual growth. Re-frame experiences to keep yourself in a position of power. Judgments impede our ability to give and our ability to receive.

6. Spread love and generosity of spirit without pause - The ability to send loving vibrations out to all people at all times is a gift to you, and to the planet. Once you connect to your purpose, you earn the responsibility and the blessed joy of contributing to the evolution of humanity. It is a gift to give.

7. Enjoy your life - Life is work and challenge, but is also to be treasured and enjoyed. This is the ultimate act of appreciation to Source for your life. Just as an artist creates a stunning work of art for humanity to appreciate, as we enjoy our life, our work of art, Source receives joy from the positive expression of our experience.





**“Collective Wisdom - Powerful Stories and Practical Advice for Achieving Success”,** this inspirational anthology which I've contributed, will be coming out on February 24th! Copies will be available at my website. Everyone who purchases the book, from my website will get \$25 credit towards any reading.

**A Psychic Perspective  
10 Steps to More  
Love, Wealth  
& Personal Happiness  
Including a 30-Day Plan  
to Jump Start Your Life!**  
in softcover or  
download format.



Available now at [www.PhyllisKing.net](http://www.PhyllisKing.net)

**Do you want a reading,** but can't quite afford one-on-one rates?

Phyllis regularly hosts one-hour group reading events. The cost is \$25.00 per person. The maximum group size is 20 people. Check the website [www.phyllisking.net](http://www.phyllisking.net) regularly for dates and locations.

If you would like a host group reading event for your family and/or friends, Phyllis will come to your home or a selected location, with a minimum of 12 people.

Reservations and prepayment are required for group events. Please email me at: [Phyllis@Phyllisking.net](mailto:Phyllis@Phyllisking.net), or call 925-556-3323.

## Advertising Opportunity

On air radio advertising is a great way to have your product or service introduced to a broad audience.

If you have a service or product you would like to reach a new audience advertising on Phyllis' radio show is a great way to network. CONTACT has over 900,000 listeners per month. The types of products and services that do well on CONTACT are:

- Vitamin and health supplements
- Life coaching and personal growth training
- Non-profit organizations, volunteer/donation drives
- Intuitive and psychic services
- Book and CDs with metaphysical, personal growth and self improvement messages

If you are interested, please email me at: [Phyllis@Phyllisking.net](mailto:Phyllis@Phyllisking.net) or call 925-556-3323.

**Phyllis King** *the Common Sense* **PSYCHIC**

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