



Andrea Mattson

Psychic Song: Tarot, Tea and Music

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Psychic Song

Spring Tarot Workshops

May and June

Tuesdays

7:30pm - 9pm

\$20 - \$25

Tarot cards are a fascinating way to map life's journey. The rich symbols and energy of the cards are valuable tools to open your intuition. In the Spring Workshop Series we will be exploring the meaning and application of Tarot cards through meditation, creative visualization and group discussion. The most beneficial components of learn-

ing the Tarot is understanding what the cards mean to you and building your personal connection with the deck. Each week we will be looking at a different aspect of the Tarot. You are welcome to attend one or all of the workshops. Call ahead to register as space is limited. All classes will be held at my studio in James Bay.

Tuesday, May 12th

Introduction to the Pip Cards

Tuesday, May 19th

Wands – The Fire Cards

Tuesday, May 26th

Cups – The Water Cards

Tuesday, June 2nd

Swords – The Air Cards

Tuesday, June 9th

Pentacles – The Earth Cards

Tuesday, June 16th

Court Cards

Tuesday, June 23rd

Intuitive Tarot Reading

Tuesday, June 30th

Astrology, Numerology and Tarot

Where to find me:

Moss Street Market

Saturdays

10am - 2pm

www.mossstreetmarket.com



Government Street Market

Sundays

11am - 4:30pm

www.pin.ca/market



Sidney Summer Market

Thursdays

June - August

5pm - 9pm

Island Intuitive Arts Festival

October 11, 2009

10am – 10pm

Victoria Events Centre

The Island Intuitive Arts Festival is an all-day celebration of psychic arts, holistic health and energy work. It is an opportunity for members of the Metaphysical community to come together in the spirit of wisdom, openness, understanding and love. The goal is to promote awareness of intuitive arts in the community by building connections between the public and local intuitive professionals. There will be an educational workshop series running for the duration of the event on a variety of topics including Tarot, Astrology, Energy Healing, Creative Visualization. Readers and healers will be available for private sessions and consultations. Finishing the event will be an evening of music and dance. If you are interested in getting involved with the festival in any aspect: participant, vendor, volunteer or workshop facilitator, please contact me . . . there is much more information to come! See you there!

Surrender to Letting Go

The first step to letting go is understanding that you have the ability to create the future through your thoughts and actions. Human brains are a collection of patterns; thought patterns, emotional patterns—learned behavior taught by lessons we faced through life experience: nurture and nature.

Healthy examples for creating a life of fulfillment are patterns of thought and emotion that help us to serve our highest purpose, make us joyful and fill our lives with love.

In a state of reflection and meditation you can get in touch with your inner self. You have access to all the answers you seek, you need only to ask and wait for a reply. Look for the signs, trust and follow. Your heart will guide you.

On the journey to self-mastery you must understand that with every action is there an equal reaction. It is within the reaction that balance is required. The goal is to ease the mind to the point where the reaction comes from source with loving kindness and compassion. It is from that place that you can make a conscious choice that will benefit your soul path. To know yourself is to be honest about your personal truth in every moment; to take responsibility for your feelings so that discernment rather than judgment (including of self) guides. Discernment is to know what is right for your highest purpose and act on it.

Once you have spoken your truth and made a commitment, it is time to surrender to the fate of the universe - trust in the love and the intention. When



positive action is taken there will be a positive reaction. This is a basic law of energy. Trust in the divine laws of the creator. Be patient, the bigger the wish the more time it will take.

Every moment is an opportunity to change your life. What do you truly desire? What are you willing to do to achieve your goals? Who are your helpers? Are you ready to fully embrace your glorious future? These are choices. Making wiser choices is becoming aware of what's going on in your brain and looking at things from a variety of perspectives. Meditation, walking, yoga, dancing, music are just a few examples of ways to get in touch with the moment.

Your world is a product of your thoughts. You are what you think. It is your right to think whatever you wish. So what do you wish for? Focus your energy into places that will benefit you for your highest good. Let everything else go!

**Bless the trouble
Release the woe
Your heart is ready to
Finally let go**

**Pain is a comfort and
Space we all know
But your angel is calling,
it's time to let go**

Positive Affirmation:



**I easily let go of old
patterns of thinking
and trust in the love
of the
universe.**

Find out more
about up
comings shows
and hear some
tunes:

www.myspace.com/andrealmattson

This is the Song that Never Ends . . .

Music continues to move my soul and raise my energy to higher heights. The spring has been an inspiring time for creativity, song writing and planting seeds for the summer. What an epic summer 2009 will be!

Every Wednesday you will find me at the Bent Mast Pub in James Bay, belting out my original tunes and inviting many other talented local musicians to the stage. The night is turning into a huge success, the quality and quantity of the music has been stellar. The music starts around 9pm and goes till it stops or the pub closes at 2am. Big thank you to all of the people that make Wednesday nights a special event.

On Sunday, May 3rd I will be performing a show at the Sips Artisan Bistro in James Bay. They offer music every Thursday and Sunday evening along with a tasty menu and fabulous wine list. Music starts at 6:30pm.

My funk band "Get up to Get Down" is in full swing in all of its 9 pieces. Welcome to Cam on keys and Susannah on vocals. Thanks to Reuven we have lots of shows coming up in the months to follow. Check out our show schedule: www.myspace.com/getuptogetdownband.

Moss Street Market's 2009 season is just gearing up, to help make this season a

roaring success I have volunteered to do the music coordination. Every Saturday there is going to be a great line up of local talent at 10am and 12 noon. My friend Meagan Devault, local latin songstress, and I will be teaming up to do a show on May 30th at 10am.



Pattern Cracking Meditation Exercise

Find a quiet, comfortable space. Take deep breaths into the drum of your belly. Focus on breathing in and out. Let go of any thoughts that come to your mind by acknowledging them and allowing them to pass.

Connect with white light energy by imagining a golden egg filled with white radiance surrounding your body. In that light imagine any stress, pain or fear being lifted from your shoulders and transformed by the love in the energy.

Ask your inner voice what you would like to let go of. Let the image appear as a word written on an egg of any colour. What word appears to you? What is the colour or colours of the egg?

This egg is waiting to be hatched, the life inside waiting to be released. The shell of the egg is the pattern that you would like to crack. Imagine giving the egg light,

warmth and love. Cradle it, accept it and love it as your own. Be patient and soon you will see the first signs of new life breaking the shell from the inside.

As the egg cracks and the pieces shatter feel the word on the egg and the colour being released from your energy field. Make sure that you are breathing deeply throughout the exercise. What new life is springing forward from the egg? What hidden talent or skill is now appearing for you? This may come in the form of an image, word or voice. This is your gift. By letting go of our fear we are able to acknowledge our true selves free of judgment; this allows the universe to come in and fill the space with love. You may repeat this exercise as many times as you like. Allow your new gift to shine!

**World peace
is every soul
living their
passion.**



The Lovers



by Andrea Mattson

Love, what is it but a word?
Has the meaning been lost?
Lost in the hearts of those not ready
to explore its true depths.

Those unaware of the
grandeur of the whole experience:
the pain, the ecstasy, the fear,
the victory, the connection.

The loss of old ideas,
the loss and gain of new
friends and possibilities.
It expands your mind to
the highest plain
and the lowest pain.

It is timeless and pure,
sorrow and sweet,
all encompassing.

True love is the key to all.
True love with no judgment
no doubt, no denial, just
truth, honesty and happiness.
Live in the moment then
tie the bubbles together and
set them loose among the stars.

Beautiful moments
to share with the rest of the
energy, rebuild the flow.

Heal the pain and
slowly rise to reach
even the highest angel.

Purify them all and bring them all together:
Equality . . .

All in their own time,
in their own way.

There is that possibility in every soul
that God created.

This is the gift and the challenge.
we may fall, dive from the
highest happiness
but then we are reborn . . .

If the pain is too much then we will let
go and start where we are more
comfortable.

Some will remain on this planet
forever, others will fly free,
all from personal choice.

They can see it all and decide where
their soul's happiness
truly lies and with whom
the heart, soul and body desires
more than life.

It's the ultimate sacrifice.

Risk and joy.

Forever joy.

Happy moments, revelations,
growth of consciousness
for the greater good of all.

This place with love is beautiful.
But with fear, it's the scariest place
I have ever been.

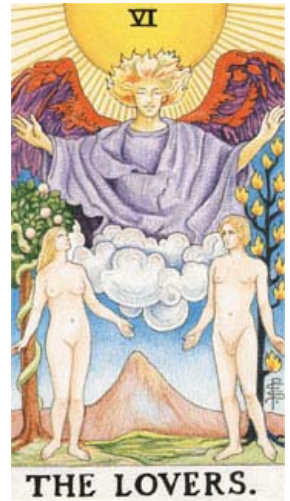
Only the truest will risk it:
Knights of the round table.

Lady Guinevere.

No longer a waif,

Reborn a warrior!

True of heart.



**Wishing you
a spring of
blessings and
love!**



Andrea is available for tarot and tea leaf readings in person,
by phone, at private parties, and special events.

Studio Hours:

Tuesday through Friday

11am—6pm

Evenings and weekends by request

Call (250) 661-6826 to book your appointment or email

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