



Reaching Out Spiritual News

What's Coming Up?

Victoria is available by appointment in the One Agency building at 120 Goldie St. Wynyard, Tasmania. Phone or video calls can also be arranged. See the back of this newsletter for a full list of services and contact information.

Come and See Me in Sydney!

I will be at the Sydney Mind, Body and Spirit Expo at the ICC, 14 Darling Drive from May 20th to 23rd.

Go to <https://www.mbsfestival.com.au/sydney/exhibitor-directory/> to find out more.

This newsletter has been written and produced by

Victoria Cochrane
M.Ed. (Hons).

2019 Tasmanian
Psychic Expos'
Psychic of the Year

Certified Member
of the International
Psychics'
Association

Theta Healing 1,2
and Advanced;

Reiki Master;
Medium, Spiritual
Tutor, Psychic
Channel and
Author

victoriacochrane.com



New Workshops!

May 8th Rocky Cape/ **May 15th** Invermay
Practical Ways of Developing your psychic senses.
Go to <https://victoriacochrane.com/events> for more details. or contact Victoria at victoriacochrane44@gmail.com

Card of the Month

This month's card is from
Divine Abundance Oracle Cards
by **Tosha Silver**
EASE

“It's easy for me to receive. It's easy for me to receive. It's easy for me to receive.”

Aligning to Your Divine Blueprint

If you could live your best spiritual life, what would it look like? Not in a material sense, as in a mansion in the Maldives, a Ferrari or a villa in Spain, but in the 'best version of you' sense.

Archangel Michael (Scripting your Destiny, 2008 Ronna Hermann) says that everything existing in the Universe has a Divine Blueprint, which is the plan for the best spiritual course a lifetime can take. Once on Earth, however, the density of living in ego and in the hardships that can become our reality take over and can steer us way off course.

Each of us has a Divine Blueprint which is Creator's guide for each of us to lead our best, spiritual life on Earth. The end is fixed and written, but how we get there is very much determined by our free will, choices we make, disposition and the paths we choose to follow.

Our divine blueprints can be hidden from our consciousness as we experience life as a human in a dense, physical vessel. The more disconnected we are from the unconditional love of the Creator, the less able we are to follow the path that has been set for us. The more spiritually connected, the higher our consciousness, or spiritual awareness, the more opportunity we have to align to the Divine Blueprint that Creator has established for us.

Basically, we are on a journey back from behind the veil of illusion to becoming soul-infused, alpha-masters living each day as a walking meditation.

Sounds too good to be true? Here are a few tips to finding your way back to your divinity and connection to your Divine plan.

1. Learn to meditate using the breath to achieve an alpha meditative state. You will go through the day a lot calmer!
2. Learn to ground, clear and protect your energies and remain mindful of being in the present.
3. Forgive and let go of the past. Hanging onto grudges, resentment, anger and hatred is self-perpetuating and self-destructive.
4. Practise gratitude for what you already have and focus clearly on what you wish to manifest in your life.
5. Keep your thoughts positive and open to the possibilities, despite any odds being against you!
6. Build a positive future by writing some positive affirmations.
7. Become an observer, not a participant in the dramas of the world. We want to be of assistance, not add to the problem!
8. Treat every day as a gift and nurture your body, mind and spirit with nourishing food, enough water and plenty of sleep.
9. Love and accept yourself. You are the only person you need to please! Namaste. Victoria

10 Signs You are Spiritually Gifted

Having an intuitive nature or being spiritually gifted is often passed down through generations. If you feel that you have a sixth sense, or some call you an old soul, then it could be a gift that is passed to you from your ancestors.

Many people get feelings or sensations that they believe is bizarre or out of this world.

Perhaps, something supernatural is trying to communicate. Divine intervention is something that many people experience frequently, but does it mean that you are spiritually gifted?

If you feel that you have unique gifts to communicate with the spiritual world, then you need to open yourself and allow the channeling to occur. The longer you prolong the acceptance that you are spiritually gifted, the harder it can make your life.

SIGNS OF BEING SPIRITUALLY GIFTED

Perhaps, you are on the fence about whether you have an intuitive side or if you have a gift in dealing with the spiritual realm. Well, here are ten things that may happen to you when you have a spiritually gifted nature.

1. VISIONS

Some say it's daydreaming, but visions are dreams that you have when you are wide awake. It can be something random that pops into your mind that makes you feel uncomfortable.

For instance, you may envision a car accident with your loved one. One way that the spirit world will communicate with you is through premonitions and visions. These little films play in your mind or visual field to warn you of danger.

2. VIVID DREAMS

Do you dream a lot at night? Dreams are another way that the spirit world can easily connect with you. Spiritual experts say that you are the most vulnerable when you are asleep; thus, it's easy for the spirit world to communicate.

A lady once dreamed that her father was dying. The dream was very descriptive, and it felt so real that she was shaken. She awoke at 2 am to a phone call telling her that her father had just passed. Was the spirit world trying to warn her?

3. YOU AWAKEN DURING THE MOST SPIRITUAL HOUR

Did you know that between 3 am and 4 am each morning is when the veil between the spirit world and the natural world is the thinnest? It

means that you can easily connect with spirit during this time.

If you thought that it was your small bladder waking you up at the same time, you might need to investigate. Waking up at this time is often to mean that the spirit world was trying to tell you something, and you are spiritually gifted enough to receive it.

4. SYNCHRONICITY

You've probably heard that death, among other things, always comes in threes. These trends are possibly spiritually based. It's called synchronicity, and it goes beyond death. What if you've had dreams, visions, and constant thoughts about a person? It could be that the spirit world is wanting you to reach out to this person to help.

A girl once dreamed about her ex-boyfriend from high school dying in a horrific car crash. She accidentally ran into him in a bookstore not long after that occurrence, but she didn't mention the dream. Then, he suddenly popped up on her suggested friend list on Facebook, which she accepted.

Two weeks after the encounters, she saw a post that his car ran off the road during a snowstorm, and he perished. Perhaps, the spirit world was trying to tell her to connect with him, warn him, or make peace with their past.

5. HEARING GUIDING VOICES

Do you hear things that no one else does? Do you ask someone a question and seem to know the answer before they speak? These voices can mean you're spiritually gifted, and the spirits want to help support you.

Excerpt from <https://www.powerofpositivity.com/spiritually-gifted-signs/>

Healing from the Energetic Signatures of Depression

Depression is an imbalance of chemicals in the brain brought on by a range of triggers including physical stress in the body, medical intervention, pregnancy, emotional trauma, mental anguish and spiritual disconnection. Many people suffer depression throughout their lives, whilst others may just have one, unrelated episode.

Clinical depression is a physical illness that can be balanced by medication and treating the mental overload that can lead to insomnia and an inability to shut down the mind. The depletion of certain chemicals and hormones in the body is a condition that many people learn to live with, however, just looking at physical causes limits the potential for a lessening of symptoms and maybe even a cure.

The base chakra is the energy centre where depression can be treated spiritually. If a person is insecure in their identity, has scarcity or survival issues, is feeling lost, alone and unworthy, depression is a likely symptom. However, the more powerful and debilitating factor that can lead a person to experience clinical depression in their physical body is an inability to stand up and be present, to feel that they belong

and to create a platform for themselves to build their confidence, self-esteem and appreciation for what they have already achieved. When the basis of one's existence is a feeling of being out of control, continuously disempowered and devalued, the potential for imbalance in every other chakra, body and area of their lives is greatly increased.

Balancing out your hormones and chemicals, or your endocrine system, is a very good start to overriding depression. However, if imbalances remain in your energy fields, work and home life, relationships or systems in your body, taking medication is only part of the answer. Looking within at any discontent, guilt, self-blame or loathing, regret, resentment or grudges, mostly against self, is a good start, particularly if the medication is not helping as much as it should.

Depression is insidious disease that many people do not understand, but it needs to be acknowledged as more than just a mental illness. So much of what is happening elsewhere in the person's body can directly impact on a person's ability to think rationally, to stay grounded,

Finding Hope

to function wholistically and to stay balanced physically, mentally and emotionally. Other factors to be considered are a person's diet and gut health, whether the person is constantly in a state of dehydration through too much salt or lack of water, thyroid and endocrinal issues, insomnia and iron depletion. Wholistically though, emotional and physical trauma through abuse, an accident or relationship breakdown can impact a person's morale so badly that depression becomes a real, physical and mental reality.

To recover fully from depression that has more energetic than physical or chemical causes and its symptoms such as anxiety, panic attacks, insomnia and obsessive-compulsive disorder, the root cause of the condition must be found and healed. This can be achieved in many ways, but releasing all guilt, grief, resentment, anger, feelings of abandonment and trauma is essential for the person to fully heal. Asking for help is the first step. Call upon me and the masters of light to assist you to release your past and its demons and to step back into the light of life again.

I AM Archangel Michael
VC

What is hope? Hope is the belief that change can happen and that wishes can come true. It is the belief that possibility still exists and that the Universe has your back. Hope is the only things some people have in their lives.

Having hope means that the light at the end of the tunnel to end this dark time in one's life is actually there and that an ending is coming to create a wonderful new beginning. How can you have hope when you can't see a light at the end of your tunnel? Create one and believe it can come true.

Hope is born out of positive thinking and belief. It stems from an open heart and a mind filled with alternative possibilities. It is underpinned by the traits of resilience, perseverance and gratitude and reaps the greatest rewards when there is not attachment to the outcome, only faith that what has not yet happen will do in Divine timing.

Hold onto Hope, dear hearts, for without hope there is nothing. Call on your angelic guides, the Creator, the universe to help you and trust that, with focused intention, your wishes are being heard and your dreams can come true.

We are always with you.

I AM AA Michael
VC

The Deva Kingdom: Are Faeries Real?

Never heard of Deva?

But you've heard of faeries, elves, nature spirits, right?

Well they are part of the Deva kingdom, an important and delightful part but in the bigger picture of Deva, just a wee part. Don't tell them that, they might just sulk and decide to neglect your flower beds. (Just kidding)

Seriously though, what is deva? Strap yourself in, this is a heady ride . . .

At every level of Being, Life is Intelligent and Knowable.

Our role as human beings is to become Knowers.

The role of responsive, active Intelligence is already taken and it's called Deva.

What does 'Deva' mean?

Deva (pronounced Day-vah) is a Sanskrit word meaning **Being of Light**. Sanskrit is the ancient language of India and said to be the oldest language in the world still in use, probably dating back 6000 years. Deva has come to mean specifically, the light beings found in all the planes of matter regardless of its density.

Deva is known as a 'kingdom' just as humanity is a 'kingdom'. Sometimes people with strong Christian beliefs think that deva is somehow unacceptable yet Deva is often called the **Angelic kingdom** and there are plenty of angels in the Judaic-Christian traditions. The evolution of deva is parallel to that of the human kingdom but there is a fundamental difference in how we and deva evolve. Humanity evolves through the energy of 'Harmony through conflict'—a generally painful experience, which is why we tend to realise as we grow wiser that we have learned the most from our most difficult times.

Deva, on the other hand, pulled the longer straw in the evolution stakes—they get to evolve through JOY! That doesn't seem fair,

does it? There are benefits to both our kingdoms in this arrangement and you'll read about those in my forthcoming book.

In essence, deva are the responsive intelligence infused into matter. Matter—as we know from both quantum physics and esoteric teachings—is simply energy organised into different arrangements or patterns and layers of density.

Fresh Eyes for Old Questions

Deva—like all the other kingdoms—is hierarchical, from the miniscule, most basic intelligence within the atom, all the way to the highly evolved and extremely complex intelligence that governs the *substance* of large systems like ecosystems, planets or a solar system. Under the command of the higher deva come all the lesser ranks—known in folklore around the world by a multitude of names—faeries, gnomes, elves, nature spirits and elementals.

The idea of intelligence in matter is not new. It surfaced long ago as 'animism', the belief that everything is alive. We sort of lost contact with it in the last few centuries with the rise of Science, which for a while viewed the world much as a giant machine. Fortunately with the newer sciences of psychology and ecology and of course, quantum physics we've actually started to realise Life is so *not* a machine! Recently the idea of intelligence in matter was raised again as the religious concept of God as Intelligent Designer. Somewhere between folklore, superstition, religion and quantum physics, the subject can be studied with fresh eyes and a perspective more relevant to today's mind and experience.

Esoteric tradition says the deva kingdom is much more than the intelligence of Nature alone and in my workshops we explore how deva provide our personal **experience** of life at this Earthly level.

Jacqueline E. Lane

Excerpt from

<https://www.jacquelynlane.com/deva/>

Upcoming Workshops!

Launceston Workshop May 15th!

Embodying Your Spirituality with Victoria

Workshop

Becoming Psychic

Practical Ways of Developing Your Psychic Gifts

Do you have gifts but need guidance to develop them? Whether you are a complete novice or are a fair way down the psychic path, this workshop will help you to recognise your strengths and give you some tools to continue with your spiritual development

Participate in activities and exercises to:

- Learn practical ways to protect your energies
- Believe you can be psychic and trust your intuition
- Find and develop your strongest psychic clair
- Connect to your angelic guides
- Learn to use psychic tools more effectively and intuitively

Includes an Archangel reading from Victoria.

Victoria's books will be for sale through Victoria on the day

Venue: Zen Therapies Tasmania, 187 Invermay Rd Invermay

Date: Saturday May 15th Time: 10:30 am - 3:30 pm

Snacks will be provided but please bring your own lunch.

Cost: \$110 pp.

Payment must be made into Victoria's account prior to the workshop.

Account: RM and VM Cochrane
BSB 017 538 520904601

Book with Victoria on
0417581107 or 64434290

Victoria is a talented author, psychic channel, medium and Advanced Theta® Healing Practitioner. She is a certified member of the International Psychic's Association.

She is also Tasmanian Psychic Expo's 2019 Psychic of the Year.

<http://victoriacochrane.com>



Contact Victoria on 64434290 or 0417581107

Create Abundance

We Create Our Own Reality!

Be grateful for what you have in your life rather than wishing for what you don't have.

Act as if you are entitled to the beauty and abundance of the universe and that it is pouring forth in unlimited quantity even before it happens.

Hold the intention that you be connected to the energy of the Supreme Source, the Creator and the primal life force of creation, Adamantine Particles. That way you will manifest in the highest and best energy.

Always manifest for your "Highest and Best and for the Greater Good."

Give out positivity, love and light and it will return to you in equal measure. If you give out negativity, hatred and darkness, that is what will come back to you!

Be mindful of your thoughts and your self-talk. Your sub-conscious will believe what you tell it! Cut and cancel negative thoughts and rephrase them in positive language.

Be crystal clear, mindful and specific in what you ask the universe to manifest for you.

Listen to and trust your intuition. Expect miracles.

Take notice of the signs that are put in your path. Listen and respond!

TRUST yourself and your instincts. Acknowledge your feelings of self-doubt and unworthiness, then hand them over to your angels. Refocus on your goal and say a positive affirmation.

Positive Affirmations

I can!

I will!

I must!

I do!

I know!

I have!

I AM!

I AM light!

I AM Love!

I AM who I AM!

So it is! It will be. It is so!

I AM AA Michael

Channelled by VC

Testimonial

"I was lucky enough to have had a live mini mediumship reading with Victoria on the spiritual events directory facebook page and I just want to say how 100% spot on she was. I am totally shocked! such a lovely lady with an amazing gift! " Lisa
"Thank you so much for everything . you really made me feel much more positive, and now that I have a job I feel much more positive ." Tracey