



# ***SUSAN K. MORROW***

## ***PRESENTS***





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### *12 Woo-Woo Tips for Living in the Real World*

Hello! **Susan K. Morrow** here. Also known as **Suzi-Q & A—why? Because I’m Suzi, you bring the “Q’s” and I’ll provide the psychic “A’s”!**

This list consists of a few of the “mini-lectures” I give my clients in private sessions on a regular basis. Most of these are great for most of my clients, so I want to share them with you, to help you find your way to greater happiness and health in all areas of your life.



*1. If you’re not at least trying to be happy, you’re not doing it right.*

Pretty simple and just what it says. This was my mantra even when I was only a wee mystic. It’s a basic truth for life. We are here to experience joy and to learn to accept it into our lives. So throw out the idea that suffering is necessary and embrace the happiness that is yours for the taking.



*2. You create your own life, your own reality, and your own happiness.*

Another simple point that still doesn’t resonate with many people. But everything in your life right now, whether you like it or not, has been attracted to you by... that’s right, **you!** It’s the Law of Attraction, co-creating with Spirit, thoughts-become-things, however



you want to say it, you're making it happen. **Recognizing this is one of the first steps in getting what you want, the way you want it.**



### 3. *Blameless & Powerless vs. Responsible & Powerful*

Many people like to blame their situation on others: “My parents got divorced, so I’m not any good at relationships.” “My teachers were mean, so I was a bad student.” “I couldn’t afford to go to college, so I have a crummy job.” “Cancer runs in my family, so...”

You get the idea. The thing is, if you blame everything on someone else, you give up your power to create what you want. If you are not responsible for your life right here and now, you likewise have no power to change any of it. *But* if you embrace your responsibility in creating your life, **you have all the power to create whatever you like!** What I don’t understand is why anyone would choose “Blameless & Powerless” over “Responsible & Powerful”...



### 4. *Worthy vs. Deserving*

Okay, we could drag out the dictionary and mess with this, but I am just using these words and a difference between them to illustrate a point. “Deserving” means you do something to get something: *She brought in the killer, so she deserves a reward. He killed someone, so he deserves punishment. I cleaned the bathroom, so I deserve to sit down and watch Oprah.* There’s a cause and an effect.

“Worthy” is just what you are. Adam and Eve had it right the first time: **You are worthy of love, joy, and abundance** for no other reason than being God’s perfect child.

Look for your own divine value based on nothing but itself and know that you are worthy.

Lots of great information is also available on my website, [www.SusankMorrow.com](http://www.SusankMorrow.com). But nothing can compare to a **personal experience with yours truly.**

Call 936-648-3955 or email me at [susan@susankmorrow.com](mailto:susan@susankmorrow.com) for your private session with me today.

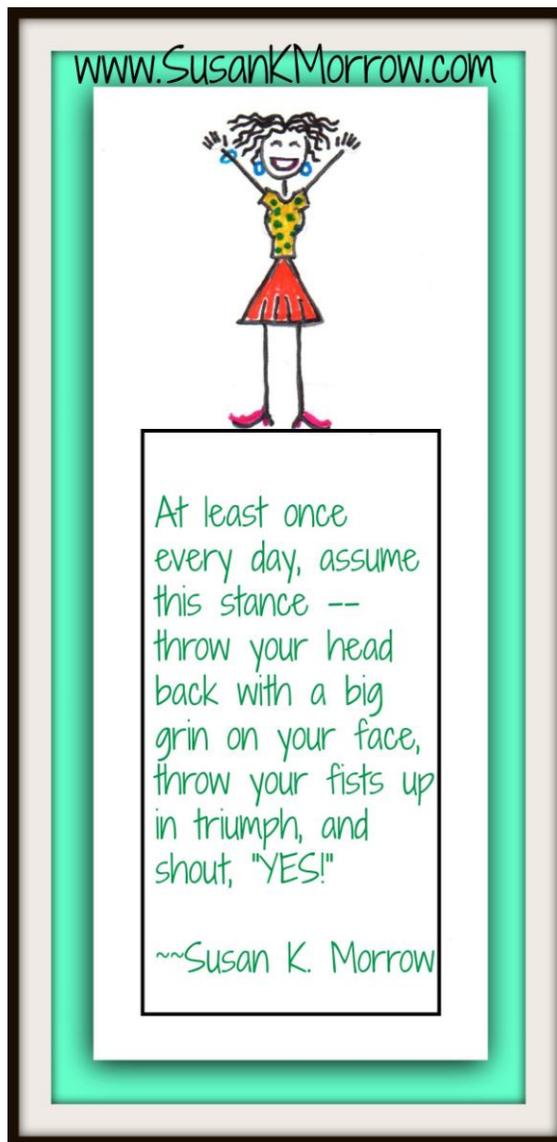


## 5. Everything Starts with Spirit

You may have heard that “we are not human beings having a spiritual experience, we are spiritual beings having a human experience.” You see, we were spirit without form first, then we chose to come into body and have this human experience. Our Spirit (God, Universe, Higher Self—your choice) guides us in our experience. When we’re consciously doing our thing and doing it well, we experience happy feelings and good physical health. When we get off track, such as undervaluing ourselves, allowing others to mistreat us, doing work that does not bring us joy, our Spirit says, “Hey! Listen up! You need to pay attention to this!”

If we are aware enough to notice feelings and thoughts that come from fear, such as anger, irritation, shame, and of course, fear itself, and we make changes to correct the situation, Spirit says, “Great job!” And happiness returns. If we fail to notice—and most of us do at least some of the time—Spirit turns to the body and says, “Time to get sick.” This is where illness and injury come into play. Even if you have a car wreck and get hurt, this is your spirit telling you that you need to do something different. Sometimes, a few days in bed are just what we need to jolt us into doing things better. How many times have you heard a cancer survivor say that the illness changed their life?

Becoming aware of your thoughts, emotions, and feelings will help you to understand how to stay healthy—and maybe be less accident-prone.



## 6. *If Mama ain't happy, ain't nobody happy.*"

Or "Love Thyself". This is the main thing to work on for optimum mental, physical, and spiritual health.

The Heart chakra, one of your seven main "energy organs", governs love, self-love, and divine love. It also has the job of tying your physical, human self in with your spiritual self. Physically, it rules your heart, lungs, breasts/chest, upper back, and arms.

Loving yourself makes this chakra stronger and results in greater spiritual, mental, and physical health. ***Your capacity for loving others is made stronger by loving yourself.***

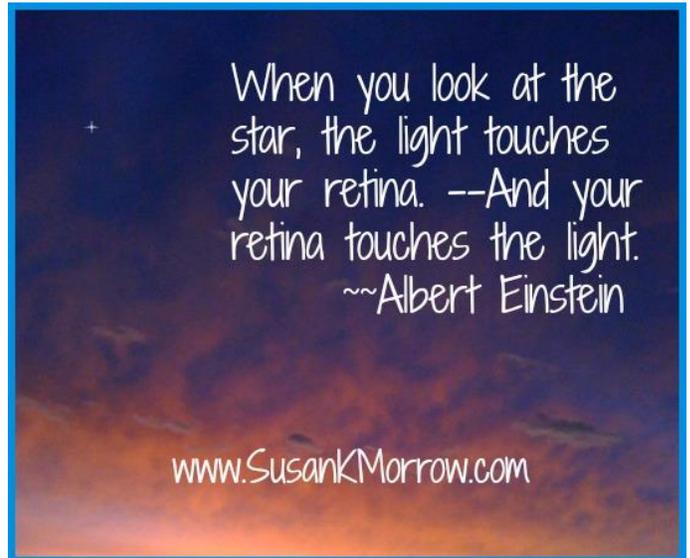
In my practice of medical intuition and psychic energy readings, most of my clients are women, and the majority of them need to love themselves more. The men do too, but their issues are different. If you have children, you might have read in a women's magazine or a book that you must take care of yourself or you won't be able to take care of your family. This is entirely true! So why do we all kill ourselves taking care of our families? Work 50+ hours a week and still make cupcakes for the whole class on Valentine's Day? Run all the errands on Saturday so we'll have time to clean house and do laundry on Sunday? Help the children with their homework, so that we have to stay up late to get our own work done? Do all the housework because we don't want to ask our husbands? Go on 6 hours of sleep per night for years on end? Refuse to acknowledge our own divine value?

What are we, crazy? Yup.

This is why American women are suffering from heart disease and breast cancer in unprecedented numbers. Heart disease and breast cancer are heart-chakra illnesses, related to love and especially self-love. In

fairness, deaths from breast cancer have declined, thanks to early detection and improved treatments. Now how about some prevention?

Start right now: ***love yourself!*** If you get nothing else from this report, get that. How? Eat ice cream without guilt, because you love yourself. Give yourself a pedicure—how biblical is that, to bathe your feet? Get a massage. Say no. Close the door and read your favorite book. Hug your children. Hug your friends. Talk to people. Or for pity's sake, take a nap. ***Love yourself.***





## 7. Golden Rule for Intimate Relationships

This is a fun one. You know the Golden Rule: Do unto others as you would have them do unto you.

Right. That's great until the *other*—somebody you love--wants something that isn't the same as what you want! And so here is the Golden Rule for Intimate Relationships:

***Do unto the other person as the other person wants/needs done.***

Simple, isn't it?

So don't bring your mate flowers if he or she doesn't care for them. He might say, "That's nice and I appreciate the sentiment, but I'd prefer a CD of my favorite music." If you don't know what your partner (or parent or child—remember, this is any intimate relationship) wants, ask. And here's the Corollary to the G.R.I.R.:

***You have to tell the other person what you want or need.***

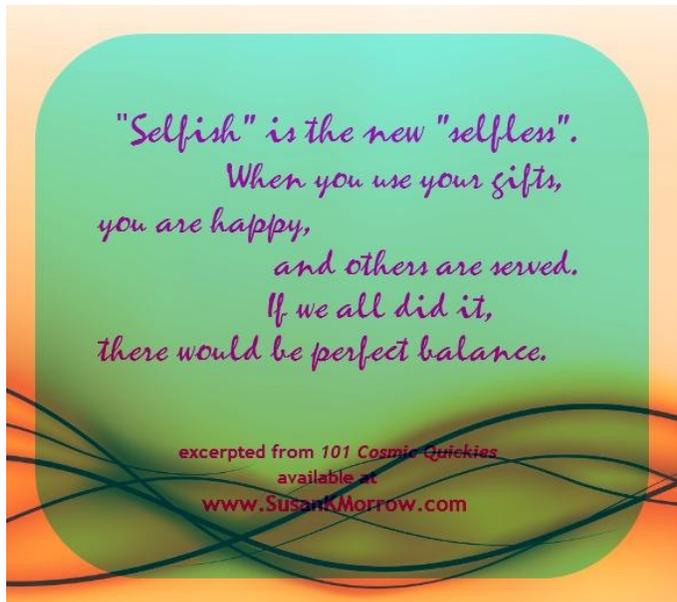
No fair saying, "If you don't know, I'm not going to tell you." And if you don't know yourself, well, have a talk. "What do I want? If I had my druthers, I'd like cherry pie for dessert every day." Now that's something I can sink my teeth into!

You get it, right? Yeah, you get it. Good. Now go love someone like he or she wants to be loved. And yes, it's right and fair to ask for the same in return!



## 8. Consider the Possibility

This is one of my favorites. You may not even be aware of how much our intuition is bred out of us and/or completely quashed when we are children. And not because our parents don't love us. Most parents do the best they can with what they have. They want to protect their children from hurt and to help them get along well in the world. And usually that means worrying



about money, not believing in magic, and telling their children they can be anything they want but not *that*. Not a ballerina or an astronaut or a movie star or a crocodile hunter.

Hey, I'm a parent too, and I have made my share of parenting mistakes.

But I try to help my clients understand this: your intuition is a very real component of your being, but sometimes it's hard to recognize after all this good and gentle breeding. How many times have you had a thought pop into your mind, but dismissed it as imagination? And how many times have you known who was calling before you picked up the phone?

Consider the possibility that a thought is the Truth. Consider the possibility that the song you heard on the radio that reminded you of your late friend was really that friend saying hello from The Other Side. Consider the possibility that you actually are an amazing and wonderfully gifted person who is worthy of love, joy, and abundance. (See **#4. Worthy vs. Deserving.**)



## 9. Shut Up and Listen

Think about praying and/or meditating. We are taught in church to pray like this: "Oh, help me, Lord, I am suffering. God, I need your help. Please bless so-and-so and help him get well. I need your help. What am I going to do? Why don't you answer my prayers?" But we are never told to **shut up and listen**. Well, maybe by a parent or teacher, occasionally, but not in church.

Remember the joke about the man who prayed and prayed to win the lottery? Finally, after many prayers, God's voice boomed from the heavens: "Buy a ticket!"

Try it next time you are inclined to supplicate. Ask. And then shut up and listen. And then **Consider the Possibility (#8.)** that the first thing to pop into your head is the Truth, your Truth, a Truth just for YOU.



## 10. Guardian Angels

I am often asked about guardian angels. There is a generally-accepted idea that everyone has a guardian angel who watches out for her. Another widely-held belief is that, when someone close to you passes away, that person becomes your guardian angel.

In my experience, neither is necessarily true. Notice I say “necessarily”. Sometimes a person dies and his soul actually does sort of cling to one living person. But when I see this, it usually seems that the soul is still experiencing part of human life through the living person. Or the two souls are strongly bound in this life and beyond.

We also do have angels, spirits, or guides who work with us on our experience as human beings. But I usually find that there is more than one assigned to each person, often many more, and they talk to me on behalf of their client with one voice. Some people are able to hear this voice themselves, without a medium or psychic. (See “**Consider the Possibility.**”) Some call this their “inner voice” or “that little voice inside my head.” Where do such voices come from? Now you know.

I will say, though, that the angels/guides with whom I communicate don’t seem to care much if you call them your guardian angel, your guides, your conscience, God, or whatever. They only ask that you try to hear them, because they’re doing their job.

### Speaking of...



With many years of public speaking experience, a knack for audience interaction, and an entertaining style,

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is a terrific choice for speaking to your organization. Choose from several conversation-inspiring topics.

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## 11. The Universe Is Listening

Is the Universe listening? The movie “The Secret” says that the Law of Attraction, which is a universal law of physics, draws to you the things you put your energy on.

I notice the law of attraction functioning quite well all the time—in fact, if something happens that I don’t like or want, I make sure to ask, “Why did I attract this?”

Here's one little example of how the Law of Attraction appears to work in my life: A few years ago, I started realizing that one of my favorite activities is to sit around and visit with family and friends. I really do love to just sit around and talk. Maybe it's "meaningful" talk, like philosophy or politics, or maybe it's just gossip and chatting about fashion. Regardless, I love to sit and chat.

Also, after my husband died, I recognized that I seemed to handle the situation differently from a lot of people. Others would say that I was in denial or that I was doing really well or whatever, but it appeared that I made widowhood look good. Or at least I made it look relatively easy.

I'm not saying it was easy, but I did what I had to and I have managed my life, my work, and raising my children pretty well on my own.

Somewhere in there, I started thinking that I would be good working in an industry that had to do with grief and/or death. I thought I might wind up working in a funeral home. It didn't bother me to talk about death and I never minded if someone wanted to grieve in front of me.

Anyway, I said these ideas out loud to people, that I like to sit and talk and that I'd be good working in grief and death.

Well, lo and behold, look at me now! I am a psychic medium and medical intuitive. I sit (or stand) around and talk, and I work in a grief and death industry.

How about that? Think of the ways in which it's obvious that the Universe is listening.



## 12. *Your Life Will Go as Planned, So Plan It*

**One last thought:** Once, I was channeling for myself in a process I call "taking Cosmic Dictation." I ask, then I listen, then I type what I hear in my mind's ear. I asked about my summer tour that I hoped to put together.

Their answer was, "Your tour will go as planned, so plan it."

And I have paraphrased that into "Your *life* will go as planned", because it makes so much sense! **If you plan on nothing, you plan on nothing.** Or, much worse, the Universe will fill in the blanks with something you might not really want.

Yes, I have heard that "God laughs when you make plans," but the truth is that God/Universe/Higher Self puts the creative force behind what you plan, want, and focus on. **Plans don't work out when you're focusing on them not working out.** We have a wonderful way of fooling ourselves like that.

***So choose what you want, don't worry about how, love it, love yourself, and watch your life unfold so beautifully that it brings tears to your eyes.***



*What are you waiting for? Start applying these concepts to your life—and see what happens! And remember what John Lennon said: “Love is the answer. And you know that for sure.”*

*Blessings and love to you!*

**–Susan K. Morrow**



(The Psychic Medium and Author at age 3)

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