

BBPC News

DEC 2011



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BBPC News

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Letter From The Editor



December is here friends! My goodness it came quick, I know that most of you will end up Battling Holiday Stress (pg. 14) and making plans for the New Year! Some of the most popular toys combine education and fun, but what about learning tools for you psychic child? We go into the

toy store to bring you the best psychic games and tools for a child of any age (pg.13). Find out through our monthly (pg. 3) what are the best games & books for your spiritual enthusiast! Find out about the latest deals at Beckah Boyd Psychic Consultations!

For most of my readers you have commented or tuned into the Psychic Switch radio show at one point or another and have asked about the music we play! Now you will have a full playlist every month of your mashup favorites from the show! We are aspiring to launch the first issue of the REAL magazine come April 1st! We will be keeping you updated on that.

Brightest Blessings

Beckah Boyd

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Happy Holidays From



The Psychic Switch

Beckah's Tarotscopes!

This month I used the Audacious Angels Oracle by Helen Michaels and Lorraine Roe.

Aries

March 21st
to
April 19th



Taurus

April 20th
to
May 21st



Gemini

May 21st
to
June 20th



Cancer

June 21st
to
July 22nd



Leo

July 23rd
to
August 22nd



Virgo

August 23rd
to
September 22nd



The Audacious Angels say it's time to listen up! You've got a Date with Destiny! Be open to signs from Universe directing you, it could be something as simple as being in the right place at the right time, or 'just for the hell of it' reading the classifieds and finding something you are destined to have. Either way, just keep an ear out and your eyes open!

You are pregnant with possibilities right now! So many creative ideas and endeavors. But are you really nurturing them? The Womb Full card indicates that right now is not the time to focus on other commitments to other people, but rather commit to yourself and really work on the ideas that you've already got cooking!

The angels say this is the month for healing! Talk to a counselor, a friend or even write out your feelings! Be honest with the people around you, gain closure in a situation. Take this month to relax, be introverted and to take a couple of Mending Days.

First Things First, now is the time to plan in baby steps. A lot of little changes can add up to huge change and make you feel more secure at the same time. So start that planning and take those tiny steps toward your future happiness!

Michael, Prince Charming of Protection has your back Leo! When this card comes up it indicates a need for protection from negative energies, and the Archangel Michael has you covered. Whether it be at work, home, or friends now is the time to clean out your toxicity closet! Let Michael help!

Newsflash! There are new ideas coming your way! Universe is conspiring to bring you to most creative mindset! Whether it be new ways to handle a job task, make your money work for you or a new invention. Be open this month to letting your creative mind take over and come up with outside the box solutions.

The Review



This is a solid deck with 44 cards, each with a message from the Audacious Angels to help guide you during your spiritual journey. With a mix of practical information, a little magic and a lot of humor this deck is both enlightening and entertaining! I wouldn't necessarily use this for reading others but prefer to use it as a true oracle deck, to give insight into your daily life and solutions to your problems. It's a wonderful personal deck to keep and utilize. You can get the deck through www.schifferbooks.com

Libra

September 23rd
to
October 21st



Hot Lips tells you that this month is one for rejoicing! Hace fun laugh out loud and just generally get happy this month! Laughing helps to release negativity, soothe stress and keep you in balance. no matter the troubles, traumas or issues, recognize that it too shall pass you have a lot to be thankful for! Rejoice and count your blessings!

Scorpio

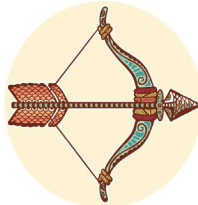
October 22nd
to
December 21st



Scorpio get ready to be sloppy! The Audacious Angels have given you the Grape Stomping card for this month indicating that this month is one for big emotional moments. Whether they be really high or really low everything is going to be felt in extremes.

Sagittarius

December 22nd
to
December 21st



Universe is on your side this month so hone your magic arrows and shoot towards your target, the Divine will make sure it hits! Ask for what you want this month, be specific in the item, opportunity or situation, but not in how it is to be received! That is the fun part of playing with a Magic Wand.

Capricorn

December 22nd
to
January 19th



The Black Swan is ready to make it's debut in your life! Recognize the drama around you for what it is an rather than trying to stop it let it play out!! Embrace the theatricality of a good drama and take center stage, you will be very enlightened by it's conclusion!

Aquarius

January 20th
to
February 18th



The Audacious Angels say Charge It! Universe is asking you to go on faith and move full steam ahead! Whatever the ideas are no matter the risk, jump and know that this month Universe will catch you and help you succeed!

Pisces

February 19th
to
March 20th



You are the empty vessel this month being Warmly Receptive to the Divine and letting that energy seep into those around you. Be a grounding point for them, recognize your divinity and help others as Universe helps you!

November 2011 - Psychic Switch Playlist

So many people have asked me where I get my songs from for the show, what they are called etc. So I decided it would be easiest just to list them off in the newsletter. The Psychic Switch is known not just for it's education on all things metaphysical and self-help but it's use of mashup music! What is a mashup? According to Wikipedia it is a song or composition created by blending two or more pre-recorded songs, usually by overlaying the vocal track of one song seamlessly over the instrumental track of another. To the extent that such works are 'transformative' of original content, they may find protection from copyright claims under the "fair use" doctrine of copyright law. Aside from mashups we also love to play dubstep, remixes and techno versions of your favorite songs!

November 2nd

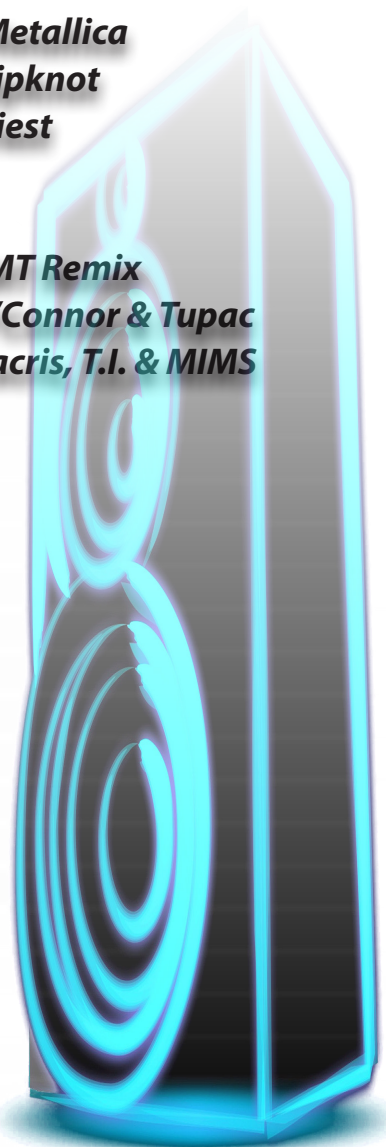
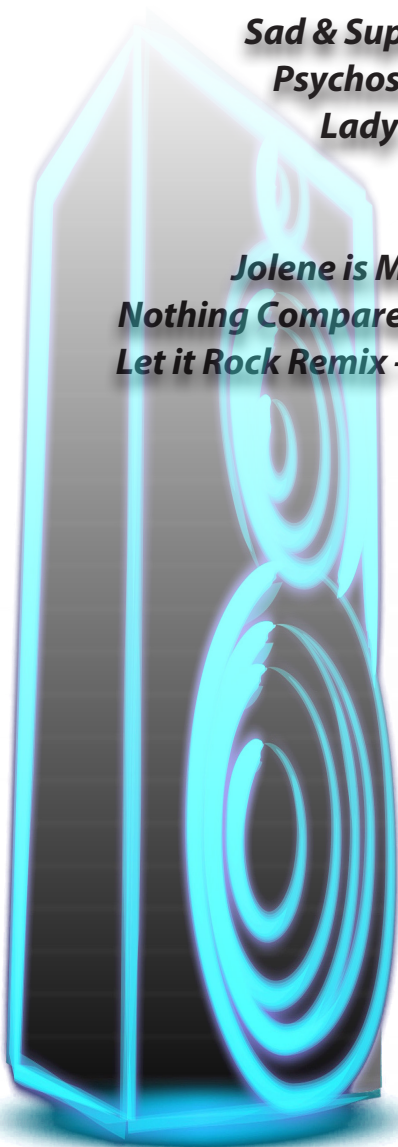
Sail Away - Enya - Distrik Beats Dubstep
Clint Eastwood - Gorillaz - Michael Huber Dubstep
Eleanor Rigby - The Beatles - 4centers Dubstep

November 9th

Sad & Superstitious - Stevie Wonder & Metallica
Psychosocial Baby - Justin Bieber & Slipknot
Lady Judas - Lady Gage & Judas Priest

November 16th

Jolene is Mine - Dolly Parton & Jay-Z - KMT Remix
Nothing Compares to Thug Mansion - Sinead O'Connor & Tupac
Let it Rock Remix - Kevin Rudolf, Lil Wayne, Ludacris, T.I. & MIMS



*"Most people take great care
in their appearance it would be more serving and
attractive to take as much care about the words
they have spoken."*

~ Dori Roberts
Spirit Matters Messenger
<http://www.thespiritmatters.com>

The Psychic Switch Radio
With Psychic Medium
Beckah Boyd
Wednesday Nights 8-9 pm EST

<http://www.tenacityradio.com>

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KEVIN WARDS SILLIES



HOW SANTA REALLY AFFORDS
ALL THOSE GIFTS.



DELETED SCENES FROM A CHRISTMAS
CAROL.

Battle Holiday Exhaustion

By: Beckah Boyd

Christmas is right around the corner my friends!!! You know what that means, making the rounds at holiday parties, purchasing, giving and receiving gifts, cooking, parades and of course being overwhelmed and exhausted. Maybe that's why people drink so much at New Years! Oftentimes people don't realize that exhaustion is your body's way of telling you something is wrong physically or mentally. Here are some signs of the mental fatigue that most of us share during the holidays:

Fatigue

HelpGuide says. 'Those who are feeling burned out will often lose their enthusiasm for life. Every day, the person will feel fatigued and unmotivated. This drained state will often start to negatively affect a person's work and personal relationships.' Mental exhaustion can reflect and create many symptoms in the physical body.

Immune Problems

An article in the American Psychological Association Journal cited a research study showing the devastating effects of exhaustion endured by college students during strenuous study. The trial indicated a weakening immune system to be the result of stress, other side effects included, physical aches and pains, headaches and general discomfort.

Sleep Disturbances

HelpGuide says. 'Although the word "exhaustion" seems to suggest a person is tired, the condition may actually result in insomnia, which only adds to stress during the day. Others may not feel like rising from bed at all and end up sleeping more than usual.'

Low Self Esteem

A chaotic mind can inhibit one's ability to achieve goals, mental exhaustion can weaken the brain's ability to think with clarity. This in turn can

create self-esteem issues causing the sufferer to question their societal and familial contributions.

Procrastination

Someone who is suffering from mental exhaustion may start to delay responsibilities or shun them altogether, according to HelpGuide. Molehills can turn into mountains, tasks become arduous as a result of the exhausted mind and body. This causes us to procrastinate or shirk regular responsibilities.

Self Medication

Drugs, alcohol, and other forms of self-medication can become a crutch for many who suffer from exhaustion.

Mental exhaustion is not all that difficult to diagnose, seek proper treatment by visiting a doctor or psychologist. It is a growing affliction in our society due to the overwhelming demands put on us in our day to day lives. I wear a lot of different hats, CEO, psychic, entrepreneur, radio host, station manager, spouse, daughter etc. There are a ton of demands on my time. The following six laws keep me from suffering exhaustion in my



The 6 Laws to Surviving The Holidays

1. Get plenty of sleep - I know it is a little obvious but it takes over an hour for our brain to completely shut down and prepare for sleep, so when you think you're actually getting six hours you're really only getting five!

2. Invest in Green, Black or Oolong Tea - All have great benefits including boosting your immune system and your energy levels! But be sure not to overdo it, two cups of tea a day is a good idea. If you aren't a fan of hot tea stick with Green, it tastes really good cold. Or you can add a bit of honey to it which has astringent and cleansing qualities!

3. Manage your time - Again another obvious one, but it is very necessary to get organized! Get a scheduler or just a piece of paper and make a day plan with what activities on what days. Allot time for each activity and give yourself breathing time in between each. Putting it in black and white like that will help you to compartmentalize and process all of your tasks so you won't get overwhelmed.

4. Surround yourself with cheer - Wearing colors such as yellow, orange, golds, and blues help us to feel energized, red does this as well. Greens, browns and khaki's help us to feel more grounded. If I have a day where there is a LOT going on I will wear an energizing color. When it is a time to relax and recoup I will wear a grounding color.

5. Allow yourself to celebrate - When I go to parties I meet so many people who, even though they are there to celebrate continue to think about issues at home or what is left on their task list. Leave it at the door! If you got all of your kids presents before the December rush celebrate that you achieved that goal! Celebrate yourself and the fact that you CAN do all of the tasks on your list!

6. Count your blessings - This is the absolute LAST rule I swear! I think it is pretty self-explanatory but I will detail it anyway. I can remember my Uncle Bill used to count his blessings by helping others. Every Christmas he would drive around town with six bills ranging from twenty five dollars to one hundred each put into a card and sealed. He would also put blankets in the car (usually about fifteen or twenty) he would then go out Christmas Eve night and give these out to the homeless around town. This was his way of counting his blessings and giving back. Find your own way to count YOUR blessings this holiday season!

HOLIDAY GIFTS FOR YOUR PSYCHIC KIDS

Kids are the best critics and these five gifts are the best investments you can make in their psychic futures. I always say, "If you deny the psychic self, then you deny yourself the feeling of being whole." The same applies for children as much as adults. Here are some of my top picks for toys to give YOUR lil' psychic.



Washable markers are a great investment! Kids love to draw, not only is it an outlet for their creativity but an essential tool which allows children to draw out the spirits they see or depictions of the dreams they have! Retail: \$2.79

This was a favorite game at my house! Skip Bo is more than just a number and color sequence game, the colorful deck can also be used to help with focus, prophecy and sensitivity to energies! How? It's simple! You can either shuffle the cards and have your child 'guess' what color, number or image will be next, or you can make it a REAL multiplayer game by shuffling the deck, drawing a card and focusing on one aspect either number, color or image and seeing who gets it right! If they get it right the person gets to receive the card whoever answers correctly first wins! When there are no more cards left whoever has the most in their pile wins! Retail: \$7.99



Another favorite this game combines memory matchups, and riddle solving. It can also take on a more psychic bent, by laying out the cards have the child predict where the pairs will lay. If they feel torn between two or three cards in the beginning it is okay! Retail: \$20.00

If your child is old enough I would invest in getting them a decent weighted piece of jewelry like this necklace. Not only is it beautiful but it can also act as a pendulum helping your child to work on telekenesis and access their subconscious mind where the psychic seat lays. Simply have your child take off the necklace, hold it by the clasp and ask what is yes (a circle or line) and what is no (a circle or line). Your child can begin asking yes or no questions after that! It can also aid in telekenesis, have your child visualize the movement of the necklace as they hold the clasp. Retail: \$56.00 or more



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