



SPIRITUAL MEDIUM
Carmel
JOY BAIRD
EVERYDAY WITCH

Carmel's Overview of the Entire Year!

What you need to know for 2024!

Education:

Homeschooling is on the rise. You'll see more mass shootings and upheaval in schools.

Our food is making kids sick and affecting their brains and causing illness.

Carmel's 2024 Education Tips:

Take time to educate yourself and always trust your intuition with your kids. You always know what's best for them.



Celebrity Gossip:

Brad Pitt will begin dating someone new this year.

Comedians take centre stage as the world is desperate to laugh more.

You haven't heard the last of Scientology and it's victims.

New movies will air and a great new series will deliver some much needed entertainment.

J'lo may be on the verge of another split.

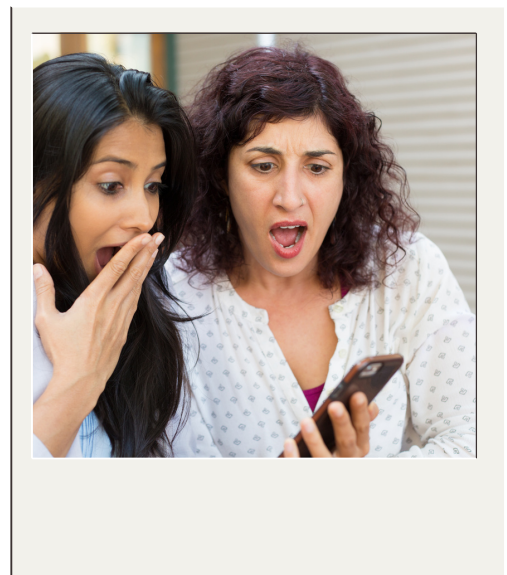


Weather:

This may be one of the most drastic and difficult weather years we will see in our lifetime. The weather is responding to the energy of us. We often want to blame the end of times when we see weather do things like this, but the truth is... it's how we respond and resonate with each other that creates the shift in Mother nature.

Carmel's 2024 Weather Tips:

We need peace. We need love. Spread both whenever and wherever you can.



Social Media:

The more you eat up, the more they are willing to serve you. Things are getting weirder and weirder on social media.

Many decide to make a choice to shift away and they seem to have done so at just the right time.

Carmel's Social Media Tip:

Put more emphasis on real life and spend less time online.



Supernatural:

Not only have aliens made contact but we will continue to hear more and more from the government and NASA that they are agreeing and owning up to what is happening around us.

Carmel's Supernatural Tips:

Keep your eyes on the skies... you haven't seen the last of our friends from outer space who are actually here to help.



Politics:

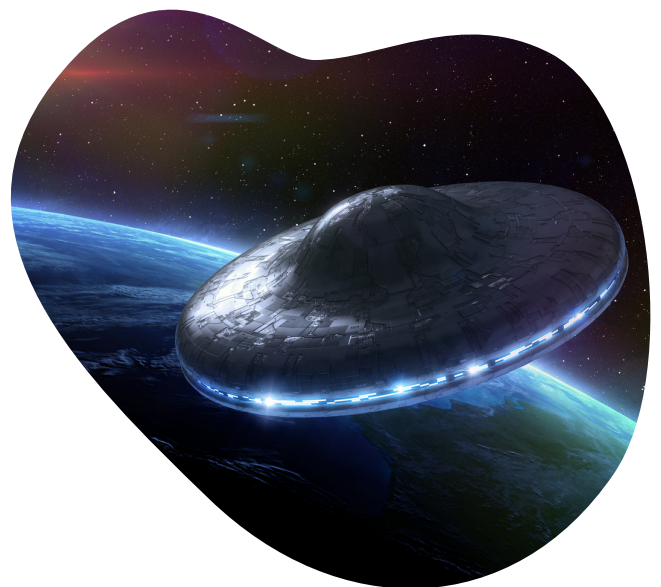
The election in the United States will make for an entertaining year. It's true, I do think Trump may win again, but I also think corruption is at play here.

There will be a shift in beliefs by many and so many are done being lied to.

Carmel's Political Tips:

Hold strong to what you believe in but always be respectful of others beliefs and opinions.

Remember we are all in this together.



Health Changes:

Covid 19 and the vaccine are playing a huge role in ongoing health problems that we now suffer with.

It's time for the government to step up health care in all countries around the world and start putting human lives first.

Carmel's Health Tip:

Doctors are not always the problem, sometimes it's the rules the government has them abide by. Use your voice and your vote this year to help make a change.



Violence:

Crime rates are up and the world seems to have bolder and braver criminals in it.

Gun control isn't working and no one wants to talk about the Elephant in every room.

How do we fix this? It's time to get back to a place of peace and love.

Carmel's Violence Tips:

Focus on love and peace in all things in all ways. The energy you put out is the energy that will come back to you.



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Ways to stay healthy and positive in 2024!

#1 Journal all the time about everything.

Writing is a great way to express yourself and get your feelings down on paper. Don't forget to look back through the year at how far you have come!

#2 Drink more water.

Water is essential to your health and wellness and most of us are chronically dehydrated. Commit to drinking more water in 2024!

#3 Ground yourself often.

When you are feeling off take time to ground yourself. You can do this by spending time in nature, carrying grounding crystals or putting your bare feet on the earth.

#4 Cut out sugar.

Sugar is very addicting, by eliminating it from your diet, it can help you to reduce your cravings over time. Excessive intake can also increase inflammation in your body. Cutting out added sugars can help minimize existing inflammation, as well as prevent new inflammation in your body.

#5 Meditate often.

Make time for meditation at least 2 times a day this year. It lowers your stress, increases self awareness and expands your imagination and creativity.



#6 Make a gratitude list daily and text it to a friend.

Gratitude is the most powerful prayer there is! When we are grateful, the universe sends us more to be grateful for. Practice it daily this year, share it with a friend, and watch your gratitude grow!



#7 Spend more time in nature.

It's proven that spending time in nature improves our mood, reduces our stress and helps our physical health but did you know that nature can also bring you valuable guidance. Spend time in nature this year and watch for signs from the animals and mother nature that is guiding you always.

#8 Get 7-8 hours of sleep a night.

While you sleep is when your body is healing. Getting enough rest each night improves your immunity, helps with weight management, reduces stress, improves your mood and so much more! Make this year a restful one.



#9 Change your cleaning products

Take an inventory of your cleaning cupboard. Are you using natural, non-toxic items? Natural cleaning products are safer for your own health as well as the health of our planet. Make a change, help yourself and help the world!

#10 Listen to music often.

Music soothes the soul, raises our vibration and elevates our mood. Make time for music this year and maybe a little dancing too!



10 Ways To Create Financial Health and Wellness in 2024!

#1 Think before you spend.

It's time to stop the impulse buying and press pause and think before you spend. Do you need the item or do you want the item? Focus more on your needs and less on your wants.

#2 Open up multiple savings accounts.

Having multiple accounts can help you achieve multiple financial goals. Set a goal for each account and start making deposits into each one.

#3 Go after your dreams and stop making excuses.

You deserve everything you want and dream of in this lifetime. This is your year to make your dreams come true. No more excuses. You got this! Spirit is on your side.

#4 Believe it's already happened.

If you can see it you can achieve it! Speak as if you have already met all your financial goals. The universe is listening and bringing you all that you believe you deserve.



#5 Write down your dreams.

Writing down what you want to achieve helps you to remember the important stuff, clear your mind, and even helps you to feel and work through your emotions. When it comes to dreaming bigger, writing down your dreams is essential!

#6 Create an altar & vision board.

Creating a physical vision of your goals and dreams serves as a daily reminder of where you want to go. Take time to create a special space to manifest your dreams this year!





#7 Talk about your wins and successes.

It's important to talk about your success but be careful to only share with people who support you. Connect with others who you know are in your corner and will give you encouragement and positivity.

#8 Be kind and encourage others.

As important as it is for you to have support it's equally as important to support others on their journey. The energy and kindness we put out in the world comes back to us times three.

#9 Seek guidance and council from like-minded others

Find your tribe of like-minded others. If your circle isn't cheering you on, it's time to find a new circle. Connecting with others who understand and support your journey is key to success.

#10 Pay attention to when you feel lucky.

Trust your intuition and pay attention to how you feel. If you are feeling lucky, buy a lottery ticket, make the investment or buy the item. Lucky energy is real. When it feels right do it.



10 Things you need to know about 2024!

#1 The world's natural disasters and weather will seem shocking this year, but it's going to be okay.

#2 The election in the USA will overtake the world and much of the news. Try not to be distracted by smoke and mirrors.

#3 Plant flowers and food. Put your joy and health first and foremost.

#4 Countries will stay at war but you can't give up, there is always hope for change.

#5 Health and healing needs to be your number one priority this year.





#6 Nature and marine life need our care and concern more than ever before.

#7 Stay honest and connected to friends. Remember to nurture your friendships.

#8 With knowledge comes power. Always be a student and continue to seek knowledge.

#9 This is the year to save more than you spend.

#10 Never, ever, ever give up. You are stronger than you think. You got this!

2024

