



Carmel's Overview of the Entire Year!

What you need to know for 2025!

Education:

2025 we still see more children moving away from typical education and into homeschooling systems. Our food has caused many new diseases and disorders such as ADHD, autism, etc to soar. Parents are fed up with an educational system that doesn't support these diagnoses and instead aims to point fingers and blame. Some modern new schools with lifestyle teaching and unique approaches will begin to take center stage. Soon the world will learn in many new ways and education will not look the same at all.



Health Pointers:

Do not trust that something is FDA approved. You have got to make your own informed choices when it comes to your health and food. Plant a garden, share in a community garden, trust that you can grow something that will be even better than what you can buy. Support local farms and communities and stay out of the grocery stores as much as possible. Food is the key to health and wellness.



Weather:

Mother nature is pissed. She responds to the energy humans give off and this year we will see her being erratic and explosive (literally). Whatever your area deals with regards to weather you can imagine it will be intensified this year times ten. Be prepared and be mindful of swift and abrupt changes in weather.



News:

Overall, this year will be complicated. I say that because you can't know what news outlet to believe and more divides will happen this year. You have to listen to your intuition. If it walks like a duck, looks like a duck, acts like a duck...it's a duck. Think about the people who you trust and why you trust them? Ask yourself at the core of their being are they good people, kind people, loving people. Money is important ...but peace is more important and that will be proven hands down this year.



Celebrity Gossip:

Celebrities offer more support to others this year. Their music and media begins to become more normal if that makes sense. They're taking off makeup and masks and becoming more everyday people. It's less cool to be rich and famous and more cool to be basic and typical. We see the world shifting more towards social media influencers as being famous and less about actors or actresses.

A famous actress will pass away in the spring.



Major Events:

A major world event will be a world leader being overturned. I feel like someone will be murdered this year and this will happen when we least expect it. You will see war break out and complete chaos as a result of this and so much unrest around the globe.

You will also see more women protesting and not standing for this behavior anymore. You will see damage control being done, but it's too little and too late.



Social Media:

The good and bad fight continues on social media. A form of entertainment that has become some people's lives. So much controversy and chaos will continue to ensue here.



Supernatural:

Aliens are real. I've been saying this all along. The government is trying to prepare us. You will see and hear more this year and many will be astonished at just how real and frank the government will be with us.

Global Changes:

This year the world is in a fight with good versus evil. This is a predominant year in history for that fight to take place. Things will clear when we get to 2026 but we have to go through this year to get there.

Be open to those shifts and changes and remember to put your family first and always rise to a place of love before evil.

Do your best to focus on the things that bring you joy and filter out any negativity.





10

Ways to stay healthy and positive in 2025!

#1 Stay off social media.

Find other ways of entertainment outside of social media. Life is happening around you and before you know it you're going to miss it.

#2 Eat more natural foods.

Stick with natural whole health, one ingredient foods as much as possible.

#3 Eat organic meats.

Buy organic meats that are hormone and antibiotic free. Other meats have so many hormones that are killing our spirits.

#4 Practice gratitude daily.

Write down 10 things every morning that you are grateful for. Gratitude is the most powerful prayer there ever is. What you're grateful for, you get more of.

#5 Volunteer.

Volunteer and/or be of service in some way to the humans or animals in your community.



#6 Smudge often.

Smudge and salt your home and property once a month in 2025.



#9 Pray over your food.

Pray over your food before every meal. Praying clears away negative energy and toxicity from your meals.



#7 Make and drink moon water.

Set water out in a glass jar on the night of the full moon (with a lid) and drink the water or make a coffee with it the next morning. You can set it outside or on the windowsill where the moonlight will charge the water.



#10 Cook more at home.

Cook from your heart and make food that brings comfort and healing to you and your family.



#8 Carry crystals.

Carry protection crystals and love crystals like smoky quartz, rose quartz, and obsidian.

10 Ways To Create Financial Health and Wellness in 2025!

#1 Blow Cinnamon out your front door.

Blow cinnamon out your front door on the new moon.

#2 Use cinnamon or mint.

Sprinkle mint or cinnamon in your wallet.



#3 Write down your goals.

Write down all of your financial goals and dreams on January 1st and have timelines for them.

#4 Talk to others you trust.

Speak out your dreams and goals to those you trust and will help you manifest them.



#5 Create a vision board.

Make a vision board for yourself in January and place it in a spot that you will always see it often to manifest your dreams and goals.

#6 Choose a theme song for yourself.

Come up with a powerful theme song for your visions and play it loud and proud to help get yourself in the mindset to win this year.





#7 Surround yourself with like minded people.

Surround yourself with like minded people who you can learn from. Don't be the smartest person in the room.

#8 Light green candles.

Light green candles every new and full moon and sprinkle patchouli on them for more abundance.



#9 Step away from negativity.

Step away from those who don't align with your visions.

#10 Learn something new.

Take a new course or program to help enhance or gain knowledge towards your goals.



10 Things you need to know about 2025!

#1 This is going to be a very challenging year for us. Be realistic about what you want and need in your life this year. Don't take on more than you can achieve and surround yourself **ONLY** with those who align with your truth and passions.

#2 This year I feel very strongly that we are going into a World War III, or some type of huge shift and realignment for the world. I believe this has something to do with the leaders of large countries that have made alliances with darkness. This is the year that the lightworkers will need to put everything they have learned into action. Remember that one drop of change can be as impactful as a whole tsunami. Be the kind of person that you want to see in the world and stand up for what is right.



#3 Our ancestors on the other side have been telling us for years, "Go back so we can go forward." You must listen to their knowledge in order to understand what's important in 2025. It will not be social media, it will not be A.I., it will not be technology. It will be relationships, connections, love, and peace amongst those we love. Focus on healing and old ways. Don't be afraid to go back to nature, back to gathering, and back to basics.





#4 You are a snippet of God. A divine creator and a healer. You may not know this yet, but we all have the power of intuition. You have to use your intuition to guide you this year and more than ever before. you have to start listening to it and stop dismissing it.

#5 This year make your health a priority. Stop talking about what needs to change, this is the year to actually do it. You can easily get stuck in victim mode and need to snap yourself out of it. Be real about what's needed at this time and listen to your body so that you have complete health and wellness. You can no longer trust governments to regulate your food and health. You have to be an advocate and supporter of yours and your families health.



2025

#6 In some capacity the world will shut down this year. Similar to Covid, but not exactly like that. I feel that there are huge shut downs and this will impact some of our food supply chains. It's never a bad idea to stock up and prepare slowly over time. Whether this is from natural disasters or governments we always should be able to take care of ourselves and be prepared for what may be needed.



#7 In the past you may have given a voice to others and kept your own voice quiet. This is not the year for that. You have to use your voice in order for all of us collectively to be heard. This is an important year for those who have been quiet before to now speak out.

#8 Take time for yourself when needed. Use music, nature and energy to reset your spirit and put yourself into a place of peace and relaxation. There are busy energies around us this year... so it's important to make time for healing.



#9 Nature will react to the energy of the human race this year. Plan for more natural disasters and disruption in the atmosphere. Everything is made up of energy and there is so much swirling around that this will affect storms, hurricanes, volcanoes, earthquakes, etc.

#10 August 2025 is a month that I received many messages about and uncertain energies. Though Spirit isn't completely clear about how this will happen, I know that this will be a challenging time for many. This is not the month I would advise to travel or stray far from home. Be in alignment this month and trust your intuition and trust that you are protected.





carmeljoybaird.com