

## Miss Psychette says...

### Your weekly dose of glamorous cosmic chat

- [home](#)
- [tags](#)
- [search](#)
- [feed](#)

### [Miss Psychette](#)

Posted by: [dettman](#) in *Untagged* on Jun 13, 2010



Spiritual people always bang on about "the breath". Breathing 'properly' (deep not shallow), yoga breathing, meditation breathing, alternate nostril breathing... the list goes on. I've also heard Network Chiropractors and acting teachers talk about breathing into body parts -- i.e. "breath into your shoulder, where it hurts". Whatever that means.

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### [June 6: Cleopatra and past lives](#)

Posted by: [dettman](#) in *Untagged* on Jun 5, 2010



If only I lived in Philadelphia. It's the only place in the world you can currently see an exhibition entitled &quot;Cleopatra: The Search For The Last Queen of Egypt&quot;. Doesn't that sound *fa*

*bulous*

? On display at the Franklin Institute from June 5, 2010 to January 2, 2011 are

[a bunch of incredible relics](#)

taken from the submerged ruins of Cleopatra's palace and temple complex, which divers have recovered from beneath Alexandrian waves.

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## [May 30: The new gender](#)

Posted by: [dettman](#) in *Untagged* on May 30, 2010



Let's talk about boys. As a member of Generation X, I'm a little bewildered by the specimens currently walking up and down my local mall. Back in my day (har), boys were boys -- they were dirty, rough and grungey, with long tousled hair or shaved heads. They drove beat-up cars they'd saved up to buy themselves, and listened to hard rock. They wore combat boots, army pants and flannel shirts, and spent their time in mosh pits and uni bars. So why did I do a complete double-take when I saw my friend's younger brother at a BBQ last week?

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## [May 23: What the angels think of plastic surgery](#)

Posted by: [dettman](#) in *Untagged* on May 23, 2010



Here's a topic that's long overdue. Thanks to M for texting her question and reminding me:

*"I was wondering if you could write about cosmetic surgery from a spiritual perspective. I often wonder what the spiritual realm's take on it would be as it's such a popular practice amongst people nowadays... why women in particular feel the need to physically alter their bodies for youthful looks / breast implants etc."*

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### **May 16: Can porn be sacred?**

Posted by: [dettman](#) in *Untagged* on May 16, 2010



Let's talk about porn :-) If you're a guy, porn is probably something you're familiar with, look at occasionally, and don't think much more about. If you're a girl, like with everything else in life, the topic of porn is a thousand times more complicated:

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### **May 9: What are dreams?**

Posted by: [dettman](#) in *Untagged* on May 9, 2010



[Comment \(0\)](#) **May 2: It's time to leave that job you hate**

Posted by: [dettmanr](#) in *Untagged* on May 2, 2010



There appears to be a new flood of blogging on the Internet. It's often written by 30-something-ish guys, probably none of whom would consider themselves particularly spiritual. Yet they're encouraging people to do one of the most profoundly spiritual things of the 21st century: break free from boring, mind-numbing jobs / corporate cages and, to paraphrase [Gary Vanderchuk](#), "do shit you love!" Why is quitting a stable job to "do shit you love" a spiritual concept? Because old systems are crumbling as we enter the New Age, and it's YOU, yes YOU (who is probably reading this on the computer at work in a job you don't 100% love) who will be heralding the change! More and more people are feeling the pull inside their chests to drop their fears and live their soul purpose, and if you're ready, there's LOTS of help out there.

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## [April 25: Toxic thoughts, toxic body](#)

Posted by: [dettmanr](#) in *Untagged* on Apr 26, 2010



Health, sickness and recovery are three of the most mysterious things in the universe. What makes someone sick - *really*? Is it the cigarettes they smoke? The trans fats they eat? The pollution they breathe in? Their genetic disposition? Their age? "My left knee hurts, but it's just because I'm getting older." -- If your knee hurts due to age, then why don't *both* knees hurt? "I've got cancer because I grew up in a house with asbestos." -- Then how come your older sister, who lived in exactly the same house, is the picture of perfect health?

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## [April 18: Is your earth shattering?](#)

Posted by: [dettman](#) in *Untagged* on Apr 18, 2010



You know things that sort of irritate you, but you're obsessed with them? Like TV shows you hate, but you just can't switch channel? Or annoying celebrities you can't get enough of? Well, that's a little like me and Ellie Crystal -- whose [website](#) and [blog](#) is apparently the highest ranking, most-clicked upon spiritual portal on the Internet. Her totally out-there psychic ramblings, which are updated every 24 hours, stupify and fascinate me for all the wrong reasons.

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## [April 11: Can you handle The Work?](#)

Posted by: [dettman](#) in *Untagged* on Apr 10, 2010



I've discovered a quite amazing woman. You may have heard of her: Byron Katie, the American lady behind [The Work](#) -- a phenomenal life-changing system used by corporations, universities, schools, churches, prisons and hospitals (and not to mention counsellors, psychologists and therapists). In other words, this ain't your run-of-the-mill, wishywashy, airy-fairy New Age stuff; The Work is real, profound, practical and mind-expanding. Here's how to do it.

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<< Start < Prev 1 [2](#) [3](#) [4](#) [5](#) [6](#) [Next](#) > [End](#) >>