

Katharine Giovanni

# The Thriving Times

MONTHLY NEWSLETTER

September 2025

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*(Sometimes Google shortens the newsletter, just click on "view entire message" to read our entire newsletter. You don't want to miss the laugh break section!)*

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## Angels in the Department Store

*An Angel Blouse and a Lesson in Forgiveness*

*By Katharine Giovanni*

The angels have a funny way of getting my attention. This time it was in the checkout line of a department store. Last Saturday, they reminded me (again) that my real work doesn't happen in a corporate suit. It happens in the ordinary. Checkout lines, coffee shops, and all the places you'd never think angels would show up. Apparently, they like department stores too.

I had found two blouses I liked, only to realize in the fitting room that I'd grabbed the exact same one from two different sections of the store. Message received. Buy the blouse. (It's now my "angel shirt.")

When I finally found a register, the poor cashier looked exhausted. The last customer had drained him, and I could feel the stress rolling off him in waves. But instead of turning away, I stayed as I sensed that he needed me.

You see, back in the days when I trained concierge, I taught people how to read body language and pick up on the unspoken cues. Once you know how to read a room, you can't unsee it. It's a skill that sticks with you. Of

course that was another lifetime ago (*I'm retired from the concierge world now*), but the lessons have never left me.

Which brings me back to that checkout line.

When it was my turn, I mentioned I used to train concierge staff and there was nothing he could do for that customer. This instantly gave him permission to exhale. Within minutes, he was telling me about his brother and how he could never forgive him.

Listen, he brought that up, not me.

I told him what I tell everyone: you don't have to forgive the unforgivable. Seriously, you don't.

You can forgive yourself for anything you did (or didn't do). You can forgive all sorts of people, places, and things tied to that memory. The room, the city, even the year it happened. But the person themselves? Only when you're ready.

Forgive what you can and move forward. You can always circle back later if you want to. And if you don't? That's okay too.

Because everything carries energy, and it sticks in your field until you clear it out.

You forgive for you, not for them. Forgiveness doesn't mean you're saying they were right because they weren't. What happened was still wrong, and making amends is their responsibility, not yours.

Forgiveness simply means you're ready to move on. You want them out of your head so you can live your life again. It's selfish in the best way, a private thing you do for your own peace, whether or not anyone else ever knows.

He stopped, stared, then whispered: "*No one has ever told me that before.*"

And that's when his late mother came through to me with a message telling him he had done enough, and it was time to live his life. The shift was instant. His energy went from heavy to light, and for the first time, he smiled.

As I rode the escalator down, I heard the angels say: “Yes. *This is what you’re meant to do.*” And I laughed, because I intuitively knew they were right.

Here’s why I’m telling you this story.

**Ten out of ten humans are intuitive.** The truth is, the universe doesn’t care about perfect timing. It shows up where you least expect it. In checkout lines, over coffee, when you’re stuck in traffic, elbow-deep in dishes, or chasing the dog around the block. The extraordinary is often hiding inside the ordinary, waiting for you to notice.

And if you’d like to practice this in person, join us in Vero Beach for the *Vibe Shift* program on September 10, or you can join us for the full two-day *Intuition Workshop* September 12–13, 2025.

So pay attention. You never know when the universe is about to tap you on the shoulder, or hand you an angel blouse.

*Until next time,  
Katharine*

## **Katharine is on Substack!**

If you love these newsletters, you’ll find even more stories, soul nudges, and behind-the-scenes magic over there.

Same soul, different scroll.

<https://katharinegiovanni.substack.com>

You can also explore more of her work at [KatharineGiovanni.com](https://KatharineGiovanni.com)

# Experience The Power of 3 in Vero Beach

*This isn't your average group session.*

## **Sept 10 – The Vibe Shift**

Led by *The Power of 3 Team*, The Vibe Shift is a 90-minute experience blending past-life and angelic insight with decades of wisdom in energy and spiritual guidance.

You'll watch messages come through in real time, some for you, some for others. But here's the thing: even when someone else gets the reading, you often hear exactly what you needed too. That's the beauty of it. It's a quick taste of the big work we dive into at the 2-day workshop.

## **Sept 12–13 – The Intuition Workshop**

Two full days of clarity, cosmic nudges, and breakthroughs (no incense or interpretive dance required, unless that's your thing). We'll help you ditch the overthinking, trust your gut, and finally find the exit with wisdom, laughter, and maybe a few angels along the way.

Start with a **vibe shift**. Stay for **the workshop**. And when you're ready for the full transformation? That's where the **Power of 3** comes in.

 Florida sunshine

 Real talk

 Big shifts

[Click here to learn more](#)

“

But here's the thing:  
even when someone  
else gets the reading,  
you often hear exactly  
what you needed too.

”

**The Power of 3 Team**

*Katharine, Katie and Paula*

# 8 with Kate!



**Katie Nall, PhD.**

<https://www.nalledgeco.com>

Whether it's 8 sentences, 8 paragraphs, or 8 minutes,  
you know Katie has something valuable to say!

## What We Listen?

*By Katie Nall, Ph.D.*

Manifestation is a popular technique to request different gifts from GUS (God, Universe, Source). The common instruction is to state affirmations aloud as if they are true at the moment. Why doesn't it always work?

Many people confuse prayer or meditation as a one-way street – talking aloud as if we are placing an Uber Eats food order – and waiting for the delivery. When our order doesn't arrive, we don't want to tip the server!

Yet manifestation works for some people. What is the difference? Manifestation works when the petitioner understands prayer/meditation is a two-way communication. We place our request then we listen for the answer. More importantly we expect an answer.

And the answer may not be exactly what we wanted to hear. Frequently the answer is so much better than we requested and we may not realize it immediately.

Want to improve your manifestation process? Ask, then listen. It's the second part that challenges us and also the part that brings the manifestation into our lives.



## **Asking for Help from the Angels**

In our busy everyday lives, it's easy to forget that we are never truly alone. Around us, seen and unseen, exists a loving network of support. The angels, spirit, and guides who are ready to help us the moment we ask. The key lies in remembering that their guidance is always available, and that we must open our hearts, minds, and energy to receive it.

There is power in asking for help. Angels and spirit respects our free will. They rarely intervene without our permission, which means the act of asking is that powerful. You don't need an elaborate ritual, a simple, heartfelt request is enough. By speaking your needs into existence,

you've create a special, spiritual invitation that opens the door for help to flow in.

We also can reach out by manifesting with the angels and asking for support. Manifestation isn't just wishing for what you want, it's aligning your energy, beliefs, and actions with your desires. Angels can help us in this process by clearing our energy blocks that hold you back. They can also inspire your ideas and solutions that you might not have considered. They can also boost your confidence so that you take the necessary steps to receive what you've asked for.

When you're listening for messages from beyond, remember the more you pay attention the more you'll notice. Sometimes it will be numbers and synchronicities. Sometimes it could be a song or phrase, a word that seems to randomly repeat around you, gentle nudges, or your gut feelings can urge you toward or away from something. Dreams can also leave you with a clear insight and sense of purpose.

The trick is to trust your intuition, even when you can't logically explain it. Keep a small journal to record these signs, overtime, patterns will emerge. Remember to stay opened and grateful. Just as important as it is to ask, it's important to stay open and to form the answer that that might take. Sometimes guidance will come exactly as you expect, but more often than not it can arise in unexpected ways. It could be a strangers comment, a sudden inspiration, or a change of circumstances.

Gratitude, amplifies the connection when you acknowledge every sign, every moment of support, then you strengthen your bond with spirit and make it easier to receive future guidance.

Asking the angels and spirit for help is not a sign of weakness, it's an act of trust.

When you trust, the universe responses with love, clarity, and opportunities you could never have imagined on your own. When you combine, intention, openness, and gratitude, you just don't manifest your desires, you co-create them with the divine.

Love and blessings,

## This month's GOOD News Stories!

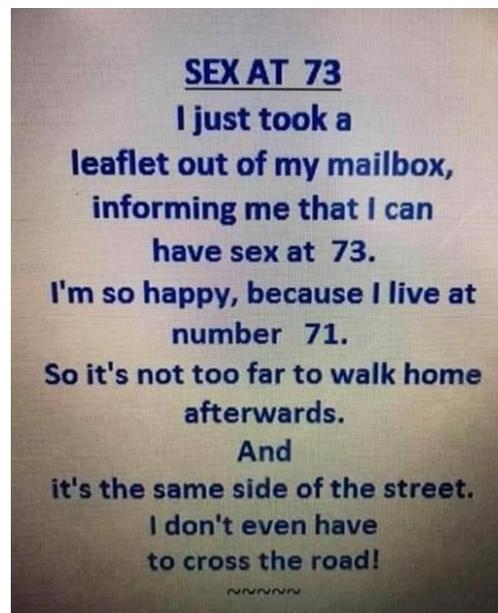
The Winners of the 2025 National Geographic Photography Competition Capture Powerful Moments Around the Globe -

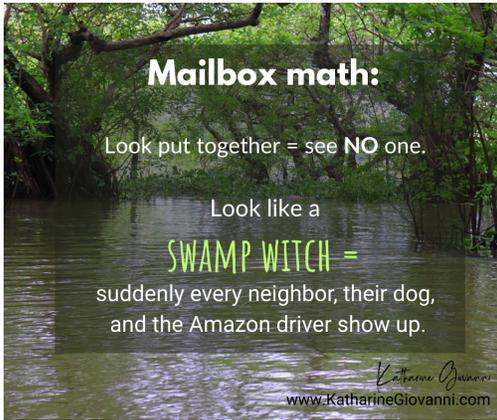
<https://nicenews.com/environment/national-geographic-photogr...>

Retooled Cancer Drugs Eliminated Aggressive Tumors in 'Remarkable' New Trial - <https://www.goodnewsnetwork.org/retooled-cancer-drugs-elimin...>

Type 1 Diabetic Produces His Own Insulin After Gene-Edited Cell Transplant - <https://www.goodnewsnetwork.org/type-1-diabetic-produces-his...>

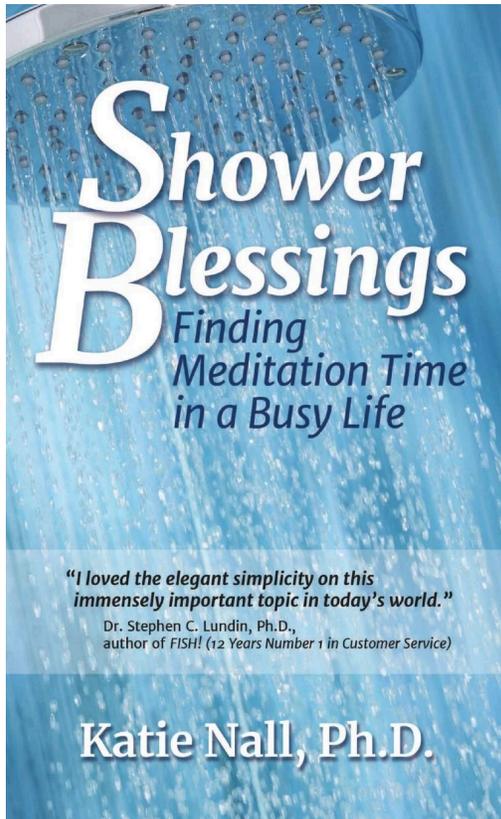
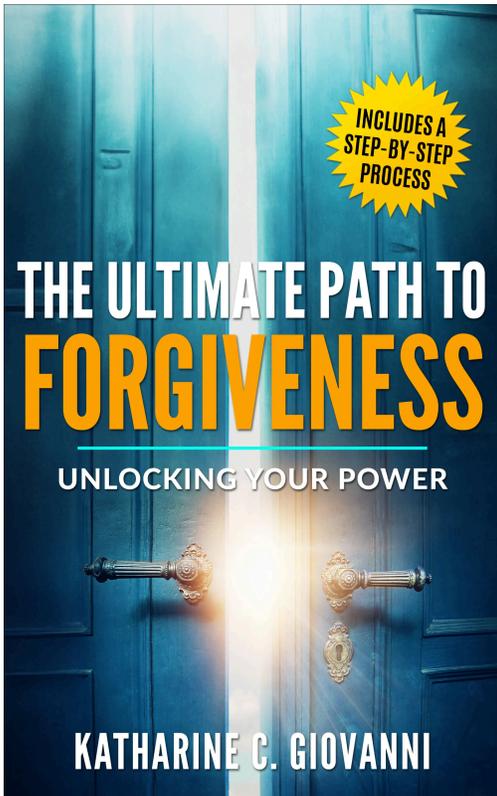
## Laugh Break!





They say 'the machines of  
the future' will be as smart  
as people...  
OK, but **WHICH** people?  
Because it kinda matters  
quite a bit.

## Books



## The Ultimate Path to Forgiveness

Everyone says to just say "I forgive you." But sometimes that's just not enough. They also never teach you exactly HOW to forgive right?

This book teaches you how.

To see Katharine's other books, please visit her website at [www.KatharineGiovanni.com](http://www.KatharineGiovanni.com)

**\$14.95**

Buy Now

## Shower Blessings

Struggling with trying to find time to meditate, Dr. Nall found herself ALONE in her shower and decided the shower was the BEST place for meditation. Join her in the shower (figuratively!) as you experience different meditations to find peace in your life.

Please visit Katie's website to learn more at [www.nalledgeco.com](http://www.nalledgeco.com)

**\$11.95**

Buy Now

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