



WELCOME TO  
THE WINTER  
NEWSLETTER.

WINTER—THE  
BIRTH OF THE  
SUN AS THE  
DAYS GET  
LONGER

**SPECIAL  
POINTS OF  
INTEREST:**

- **How to Reprogramme Your Cells**
- **Living as a Healer**
- **Divine Will or Ours**
- **Over Analysis**
- **Q & A**
- **New Course Dates**

## Newsletter Winter 2011

### Staying Healthy

Hello and welcome. I hope that you are all fit and healthy and have avoided the flu this year.

If you didn't, like me, have you ever wondered why this year and not others?

As I have discovered this year illness is truly helped or hindered by our state of mind and our belief system. If we allow ourselves to believe that we will become ill and feel that it is our destiny to catch that cold then we are actually preparing our-

selves for illness. Each year I have always said to the flu—"not mine thank you." And each year I have stayed healthy, but this year I let a negative voice answer and it said—"oh no I bet I'll get it." and of course I did. Our first thoughts, our deepest beliefs are those that are manifested. It is not always easy to remain positive with positive thoughts but if you can you will see that you have the power to keep illness away and stay in good health even when surrounded by illness.

### The Power of Healing

The growth in the number of people taking healing courses, the interest in person based therapies and in relaxation methods is wonderful to see. People are finally seeing that life is not simply about acquiring more wealth or material things.

Healers are helping to change the world. But just as there are Sunday worshippers in church, there are also those healers who aren't living by the rules by which they ask others to live. In other words some healers are not being true to the nature of healing.

So what does living as a healer mean? Well it is not about being perfect. Healers are human too. But it does mean allowing healing to help us as much as we use it to help others.

As a healer the urge to help oth-

ers is very strong but our first duty of care is always to ourselves. If we look after ourselves then we are more able to spread healing light to those around us.

This means not just enough sleep, good food and rest but also maintaining emotional harmony and energetic balance. This can be hard in the face of the challenges that we face everyday; not just as healers but also as human beings.

Life challenges us to remain loving and compassionate even in the face of harshness and prejudice. We need to ensure that the harshness and prejudice does not come from ourselves. When we are repeatedly faced with a difficult situation we can find our hearts and compassion becoming hard to the world and its needs.

It can also seem that there is so much cruelty in the world. It can be difficult sometimes to continue believing in the goodness of mankind. It is for these reasons that we work at ourselves daily, that we maintain a spiritual and energetic practice. It helps us to see only the beauty in the world and in others. It helps us connect to the best part of ourselves.

Healing ourselves also keeps us clear and fully aware of our choices and decisions in life so that we always make the best and highest decisions which will benefit ourselves and others.

Be a shining example to those around you; be the light in the darkness and show others that being true to your higher nature is the wisest choice. Let the healing light guide you in all your actions, thoughts and words.



## Divine Will or Ours?

Why has our life followed the path that it has? Why do we find ourselves in our current situation? Who put us here?

The Universe/God/Great Creator—whatever we call this amazing energy around us we are all aware that there is something bigger than us at work in the world. But the question is—are we at the mercy of this energy or do we have free control over our lives and our choices? When life is good we congratulate ourselves on how well we have

done. But when things go wrong or we fall ill we are very quick to throw the blame at this higher energy. The truth is our lives are guided by both ourselves and this higher energy. We have total free will to think, act and feel exactly as we wish. When something happens in our life it is there because on some level we asked for it; we felt we needed it in order to bring us greater awareness or deeper faith. The universe does step when we are totally off course and helps to direct us back to our path.

But we are not simply a ship floating on the water at the mercy of the tides and waves. The sooner we realise that we are responsible for ourselves the sooner we can begin to direct our lives in a thoughtful and productive manner which in turn will bring us greater rewards. To blame others, fate or the universe for our failures is to remove all our own power and see us nothing more than a pawn in a game. But in reality you are the king on the chess board.

**Being unhappy  
requires considerably  
more effort than  
being happy..**



## Over Analysis....

Constant analysis can cause paralysis. So said Richard Wilkins. And how true it is. Working on ourselves is a great thing to do. Questioning our motivations and our desires; uncovering our heartfelt passions.

But there are also times to stop. There are times when it is right to simply be.

Every creative process has two stages—the creative

stage and the pause afterwards when we rest. Without this moment of rest the creative juices dry up and we end up in paralysis. Our spiritual journey is a creative journey and hence requires rest periods too.

If we constantly forge forwards how do we know how far we have evolved? Or which areas of ourselves still requires work? And after all

we are blessed with a human body which desires more than just spirituality.

We deserve a break every now and again not just to allow ourselves to take a step backwards and see what we have done, but also as a reward for all our hard work. But don't worry that you won't return to your journey....this rest period will inspire you to do more.

## Special Offer

### Violet Flame Healing

All Violet Flame healing sessions only £40 for one hour.

The Violet Flame is a healing energy from Archangel Zadkiel and helps transmute negative energy and karmic blocks.

[www.reikihealing.org.uk](http://www.reikihealing.org.uk) for more info.

### Dermox

This is a new product from the company that produces Aerobic Oxygen. Dermox is a natural antiseptic spray that can be used on all skin irritations, scrapes, wounds and burns.

All natural ingredients.

Visit [www.aerobicoxynuk.com](http://www.aerobicoxynuk.com) for more information.

Offer valid until 31/10/2010

## Q & A

**I want to start my healing journey but I am worried that as I change my friends and family will get left behind.**

This is a very common fear. As we grow we often feel like an outsider, an alien here on earth. We feel that others will no longer understand us. And in truth this can happen but there is a lot that we can do to minimise the chance of this happening.

Our enthusiasm for healing can be overwhelming for others. They may see our

delight at learning healing as a kind of fanaticism and worry that we will try to convert them. But healing also teaches us that we need to be respectful of the views of others and if we keep this in mind we will always balance our passion with their disbelief.

We need to be careful that we don't let our passion override the views of everyone else. Each person is special and this includes their views and opinions. To stay humble is a way of showing others how wonderful healing truly

is. Through being a humble and considerate human being you are being the best advert for healing that you can be. Your humility, grace and passion will draw others in so that they can discover healing for themselves. And what is found through self discovery is always more powerful than what is thrust upon us. It may be difficult for a little while but you will find balance again. Remember also that healing is not taking away who you were rather it is adding to who you are. And those who love you will still love you.

*Far away there in the sunshine are my highest aspirations. I may not reach them, but I can look up and see their beauty, believe in them and try to follow where they lead.*

## Q & A

**I try so hard to hear my guides and the angels but I never seem to be able to hear them. What am I doing wrong?**

So many people ask this question. I feel very sad when I see people despondent because they are not hearing a human style voice talking into their ear.

The truth is there are many different ways of communi-

cating with the guides and angels; hearing them is just one way. They work constantly to ensure that we receive the message they are sending. They will do this through talking, showing you images, directing you to look at certain objects, even using others to pass the messages on. You may find you suddenly overhear a conversation or you may repeatedly here a

song. Perhaps a book may be suggested to you for reading or even fall off the shelf in front of you. Perhaps you will be surrounded by feathers.

If none of these happen you may simply get a feeling of lightness and love when you think about the situation. Rest assured that you are receiving their messages—all you need to do is stay open and accept the signs you receive.



## New Course Dates

### Reiki 1st Degree

4th—5th Oct 2010

21st—22nd Oct 2010

4th—5th Nov 2010

25th—26th Nov 2010

2nd—3rd Dec 2010

All Reiki courses in small groups or one to one

### Reiki 2nd Degree

15th—16th Oct 2010

1st—2nd Nov 2010

18th—19th Nov 2010

9th—10th Dec 2010

If these dates aren't good for you then just ask, we can arrange another date.

Psychic Development, Crystal Healing and Meet Your Angels Workshops booking now. Just email me to arrange a date.