

♥welcome to **Bliss HEALING** August Edition



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LIFE CHOICES



We have recently experienced some major planetary 'stuff'. With a preliminary FULL MOON with a LUNAR ECLIPSE, followed strongly with a TOTAL SOLAR ECLIPSE and a final FULL MOON LUNAR ECLIPSE. This has been an energy portal that finalised a 2 year period with the influence of Leo/Aquarius.. A reconnection to 'what we are good at' and 'how we offer that to the greater whole'.. Our SOUL is now back at the reigns! The energy of 'ego' no longer registers in this realm! Well done!!

With all this energy abound, we have been offered some major LIFE CHOICES.

Some of my favourite decision making tools include: ORACLE CARDS, MEDITATION, SURRENDER, LISTENING, CREATING and HOMEOPATHIC REMEDIES to allow my mind, body and spirit full integration.

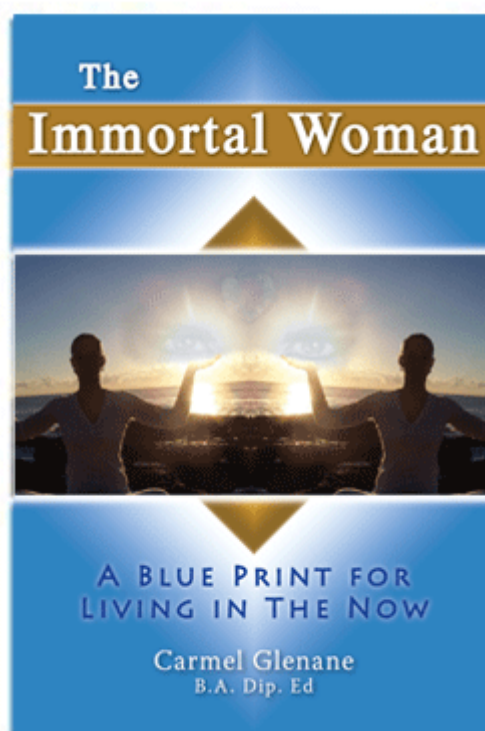
I recently had a decision involving my children and the school they attend.. I listened to many wise ones around us, I listened to Doreen Virtue's ANGEL THERAPY MEDITATION CD, I also had a few sleepless nights... one of these nights before I even attempted sleep I had a profound experience..

I took a pro-active approach to the dream time ahead, and reached for a well loved book... Carmel Glenane's 'Immortal Woman'. I prayed for guidance then opened the book to a 'random' page...

"Creating the surrendering 'space' acknowledges that you are able to be part of the process of 'self' trust. You must trust the space you are going to walk into.. To walk into a space to surrender creates the need for courage and again the word trust. You need the courage to trust to even walk into the space for surrender. So just do some deep breathing as you align yourself to the forces assisting you at this time; the forces assisting you will be at your aid now as you trust to be courageous. Trust to be courageous now and trust that the beings assisting are really there..."
~ stepping into surrender.

That read, and some deep breaths later, I settled in to sleep. I lay back down in my usual Reiki 1 position and literally had to re-open my eyes to see if I had left the light on! The glow emanating from my body was so bright I thought it was an actual light from a room in the house!

Carm's words are EFFECTIVE!!!



www.carmelglenane.com

GINGER



One of my favourite flavours ever!

Ginger IS one of the main ingredients in ChaiBLISS. I am currently developing (with angel assistance) an organic vegan Ginger Sauce.. stay tuned!

Ginger (*Zingiber officinale*) is indigenous to Asia.

It's therapeutic benefits are highly regarded as well as it's flavour value.

Ginger is said to **strengthen the spleen * stimulate liver and bile flow thereby assisting DIGESTION * alleviate motion sickness * clear digestive HEADACHES * stop cramps * increase CIRCULATION (can also apply topically) * safe in pregnancy ***

It's actions are **calming and soothing on the stomach.**

It is also shown to **stimulate vasomotor and respiratory centres * stimulate the heart * lower both serum and hepatic cholesterol * regulate blood circulation.** Ginger is listed as **stimulating, relaxing, restoring.**

It is perfect for the **prevention of 'colds', relieves chills and fevers.. and tonifies the kidneys.** In Ayurvedic medicine, Ginger is known as "**the great medicine**". It is recognised as an *adjuvant* in herbal medicine (**aiding the effect of other ingredients**), and an appetizer... so it works perfectly in ChaiBLISS.

Other uses for Ginger include **easing a sore throat, increasing confidence, improving memory and easing arthritis and rheumatic conditions.**

Time for a cuppa now I'd say :)



TIPIS

For me, tipis conjure up feelings of mysticism.. a connection between the physical world and the spiritual realms. The very shape of a tipi is nurturing and yet exciting.. a balancing effect occurs upon entering a tipi.. inhibitions are removed as our 'true selves' are sheltered and our spirit is enlivened. Dreams while sleeping inside a tipi are often noted as 'highly vivid' and 'memorable'. As American Indians lived with the rhythms of the natural world and honoured the spiritual sides of life as a journey..the tipi itself is a popular design to reconnect to this and the ideals lived by at that time of strength and harmony.

Only when the last tree has died
and the last river been poisoned
and the last fish been caught
will we realise we cannot eat money

Cree Indian Proverb



"The first peace, which is the most important,
is that which comes within the souls of people when they realize
their relationship, their oneness with the universe and all its powers,
and when they realize that at the centre of the universe dwells the Great Spirit,
and that this centre is really everywhere,
it is within each of us."

Black Elk
Holy Man of the Oglala Sioux
1863-1950

<http://www.welcomehome.org/rainbow/prophecy/hopi2.html>



COLOURS



So often in my **Angel Guidance Readings** the message is that the Earth is clearing and transmitting from her LIGHT BODY.. the energy of the colour black, is now replaced by the RAINBOW SPECTRUM OF LIGHT. The messages report that the colour black ABSORBS negative energy.. and that WHITE TRANSMITS. As the Earth moved into her higher vibrating light body.. the negative energies needed somewhere to go.. the colour vibration of black is like an energy vacuum cleaner. As we transmuted this energy within ourselves, the Earth's energy bodies became clear and bright. To this day, when black is no longer needed, as absorption is now complete.. The colour spectrum is akin to the chakra system, the days of the week, the musical notes... there are many studies regarding all of these.. check out the Fibonacci Number.

Here is a guideline to the energies of each colour... questions are welcome.

Rainbow: The Earth chakra (at the souls of our feet) ~ direction, purpose, kindness.

Red: The base chakra ~ physicality, earthing, compassion.

Orange: The sacral chakra ~ sustenance, creativity, self.

Yellow: The solar plexus ~ scientific knowledge, wisdoms, intellect.

Green: The heart chakra ~ healing, life, growth.

Pink: The higher heart chakra/thyroid ~ care, opportunity, laughter.

Blue: The throat chakra ~ communication, vocality, song.

Magenta: The ear chakras ~ twin flame, respect, ancient truths.

Indigo: The third Eye ~ comfort, dreaming, inner knowing.

Purple: The crown chakra ~ spirituality, honour, protection.

White: The etheric body ~ connectedness, honesty, trust.

Silver: The astral body ~ wishes fulfilled, hopes, clear karma.

Gold: The Om ~ gifts, gratitude, receiving.

Other colours not in our auric field, but definitely in the Earth's are the BROWNS... fertility, life path, reason.



ANGEL MESSAGES

From Archangel Raguel (the relationship angel) about TWIN FLAMES



Blessings to your heart.. one who breathes.

This is an offering to the connected part of you who sings the light of truth within your eyes.

You, who are eternal.

You, who are light.

You, who are now connected fully to the light of the soul within.

This is the time we are called to life!

This is the coming of the beingness.

We have called and called out to our souls for this very dance.. it is now that the life begins.. as life is meant to be lived.. this 'other' life.. it is now gone.. we may move forward and celebrate with a clear mind.. for God is indeed within it.. we may move forward and dance a clear dance, for Goddess is indeed around us. We have merged, and our twin flames are ready to connect again. This calling for many has seemed a long calling indeed. The vines of the heart are growing toward each other.. there is only connectivity now. All is in alignment for this reunion! The signs are many.. eclipses, dreams, synchronicities.. knowingness!

Your life is whole and complete.. it is time to follow your life purpose.. this is clear..

Your twin flame will assist with this life purpose.. there will be unity throughout the universe.. there will be fun and laughter for ALL.

This is the opening of a new opportunity.. a unique and enjoyable playtime. We are moving there now.. and many have already begun.. this fun.

Blessings of Infinite BLISS



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