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♥welcome to **Bliss HEALING** December Edition

In this Edition: The Vital Force
Vanilla
13:20:33
GIVE AWAY ~ Angel Guidance

Next Edition: New Year Giveaway
The Remedies we've covered so far

THE VITAL FORCE



noun

The vital principle of animating force within living beings: breath, divine spark, life force, psyche, soul, spirit, vitality.

"Vital Force can also be described as SACRED INTELLIGENCE..."

Reflect on the forces in nature. For example, when you choose to cultivate a garden, you select flowers and plants, pick the location, till the soil, put the seeds in the earth, and protect them while they germinate. *But you do not personally grow anything.* **Divine Spirit** moving *through* nature causes the garden to blossom. You provide the *ideal conditions* for the plants to thrive, but for the process to succeed, you must then step aside and let Sacred Intelligence do it's work."

(Soul Lessons and Soul Purpose *Sonia Choquette*)

This applies especially to the **Science of Homeopathy**. The homeopath finds the appropriate remedy, the patient begins to take the remedy, allowing for the ideal conditions for the VITAL FORCE to bring harmony to body ~ mind ~ spirit. *A wholistic, divine process.*

"I view the garden in my mind as a sacred patch of cosmic real estate that the universe has entrusted me to tend over the years of my lifetime..." Jill Bolte Taylor



VANILLA

Vanilla Planifolia



Medicinal Uses

- ~ described as an aphrodisiac in Aztec culture
- ~ a remedy for fevers (febrifuge)
- ~ antiviral/antimicrobial/antibacterial properties (remember vanilla essence to wipe out the fridge :)
- ~ enhances qualities of other ingredients (including flavour)

Vanilla grows in tropical conditions by attaching itself to host plants. An orchid with creamy white flowers.

- ~ relieves nausea
- ~ soothing nerve tonic (especially the scent)
- ~ prolongs life of food products
- ~ DNA repair!
- ~ removes toothache pain
- ~ antioxidant

Other reported medicinal uses of vanilla include reducing heart conditions and respiratory congestion.

Drink ChaiBLISS to your wholistic health. The Doctrine of Signatures lends vanilla to be *strengthening and opening* emotionally.



13:20:33

As we focus on the end of another year I am guided once again to mention the energy of TIME. The Mayan Calendar has many fascinating elements of wisdom to dive into. A blending of awareness and appreciation of the Natural Realm. Each child is given a name from the Mayan Calendar relating to their birthday and is therefore given a spirit name from birth. The same day will not arrive again energetically for another 52 years. The mathematics of the 13:20:33 Calendar are interwoven with our own human body.

... a frequency of no limitation. If you study the human body, you will find that this frequency is harmonized through it. We have 13 major articulations in the body - ankles, knees, hips, wrists, elbows, shoulders and the neck - and 20 fingers and toes. When you add 20 and 13, you arrive at the master number of 33, which is also the number of vertebrae in the spine - the centre of the body. The ancient Mayans used the frequency of 13 and 20 for their calendar of time, awakened God Consciousness within themselves, and enabled them to access the centre of the universe and merge with it. The process provides a spherical perspective called omni perspective which, in turn, helps individuals live in non-judgement and to be the witness in our illusionary physical world. They thus become galactically aligned and empowered.

We have all this within us! Right now! I have found extreme peace honouring these patterns. Whenever I find myself in a 'time focused' energy or with someone who is 'out of balance', I visualise myself within a floating sphere of light. This light is also known as the MERKABAH and honours the energy of the NOW. On a cellular level, harmony is found and healing and memories of a wise nature are naturally accessed. This LEVITATION process is simply a thought away.. by honouring our magical and divine selves.. we are honouring this within others.. and peace is the natural result!



GIVE AWAYS ~ ANGEL GUIDANCE

It is my pleasure to announce that ANGEL GUIDANCE GIVEAWAYS are here for Christmas... a reconnection to your wholistic self!

4 ANGEL GUIDANCE READINGS/HEALINGS are available...

To be in the draw simply use the CONTACT FORM on www.chaibliss.com and **share how you like to give of your spirit...** the 4 winners will be notified by email, so make sure your details are correct and up to date :)

NEXT MONTH

Next month we will be putting together GIFT BAGS for you. A new give away including a special new ChaiBLISS/BlissHEALING tote bag, 125gm jar of ChaiBLISS and a MANIFESTATION MOBILE!!!

Nice!

I will also be putting together information recapping all the remedies we have looked at so far.. and will have HOMEOPATHIC FIRST AID & AFFIRMATION kits available for the first time.

Extra Angel Blessings for the coming holidays! Remember to BREATHE.. clear your aura (with the help of your angels and visualisation).. stay hydrated with swims in the ocean in the cool times, lots of pure water and thoughts of love. Remember it's OK to say (k)no(w). Focus on the good in each and everyone (including your self)... and HONOUR YOUR SPIRIT, it will guide you to your highest good everytime. Be creative and laugh lots!!!

Expect miracles and above all, remember KINDNESS ♥



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".. it always works out in the end. If it hasn't worked out, it's not the end :)"

~ there is no way to happiness... HAPPINESS is the way ~
BUDDHA