



♥ Welcome to **Bliss HEALING** January 2011 Edition ♥



:: Anastasia inspired by the Ringing Cedars series thanks Sergiy ::

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:: ChaiBLISS expansion/private healings and readings available ::

Hi everyone! As ChaiBLISS.com moves into 2011 I am sharing certain changes...

My blend of organic caffeine free chai has grown in popularity at a steady rate over the years and my heartfelt wish is for everyone to have access to it's awesome flavour and divine digestive tonic qualities which improve wellbeing wholistically. It is economical, social and a comforting ritual in daily life. The tea ceremony is a time honoured tradition and the aroma of a freshly brewed chai is such a social staple. Any time of year, people flock to the openness and health giving properties of ChaiBLISS. One of my highest joys is researching plants and herbs and herbal medicine training has ensured that my knowledge of ChaiBLISS ingredients is a success for your whole body.

My passion for health and wellbeing is fully realised when I combine the scientific, nature based vibrational medicine of HOMEOPATHY. Our body easily finds it's path to health with immune enhancing remedies. Everyone's constitution is unique, so in homeopathy the individual is seen on levels of emotion, physicality, environment and inherited traits.

Past lives play a subtle yet often powerful part in our life choices, and our thought patterns regarding our lives directly affect our future. I have a strong passion and affinity for working with these subtle energies and aura clearing, angel healing and affirmations are so effective and play a pivotal role in my wellness repertoire.

For 2011 I will be offering ChaiBLISS to all those local cafes you enjoy and will continue to arrange postal deliveries to overseas and regional areas. The list of ChaiBLISS stockists is beginning to grow as my family life is expanding in new directions.

This also allows me to begin offering private healing sessions again, including ear candle treatments and your favourite, readings (with a chai ofcourse ☺). I will be streamlining the session times to within school hours and will be expanding consultation availability for new homeopathic patients.

You are most welcome to make any inquiries while I get my 'office hours' sorted out. With all 4 children heading off to their prospective schools, I will be looking at some new Sew Sew Good projects and (yay!) Oracle Art card deck production. All the while having awesome hand in hand beach walks and divine organic vegan food time as well as daily dance sessions. Life IS good!

I am so grateful to share the love and am thrilled with my amazing array of regular chai drinkers, my healthy homeopathic patients and my style savvy mobile appreciators... and to those of you who have angels in your belief system, well you, my sweets... are my favourite of all! My heart is at one with love for you all. Oh, and my skin is all a glow with the benefits of the Body Bliss range... thankyou nature for your gifts! Mon ami.

In loving gratitude and appreciation

Rainbow Butterfly Tara ॐ

:: Doreen Virtue's Archangel Michael Channelling for 2011 on YouTube ::



This put me in such a state of connectedness, buoyancy and calm. I thoroughly recommend Doreen's Oracle Card videos. The journey together is community and very supportive for the heart and spirit.

Look out for Doreen's newest books: Angel Therapy (a culmination of her years of teaching) & Angel Words, written with her son, Grant Virtue about the high energy vibration of loving words (if you love Dr Emoto's work, this one is for you!)

Check out Doreen's YouTube channel and get connected ♥

<http://www.youtube.com/user/4AngelTherapy>

:: Get local ::

Here in Australia, and as a Mum, it is school holiday season. I have been guided and supported to explore our **local** treasures. We have discarded the clocks and instead focused on eclipses and sunsets. We haven't bought plane tickets or litres of petrol, instead we've taught others skateboarding and played cool made up games with the neighbours. We've tried local cuisine, supported local fashion markets, reconnected with old friends, explored local businesses sharing their light worker ways and practised reducing, reusing and recycling. We've honoured our creativity and our op shopping skills. We've carved tracks at our local beaches (erm, weather permitting ☺) and we've been helping each other grow with peace and love.

We fully believe in being in the perfect place at the perfect time and local is where the universe works its magic ♥



Currumbin sunset lunar eclipse

:: Angel Guidance Board Reading January 2011 ::

To honour the element of CHANGE, I am guided to alter the format of the Angel Guidance Board Readings slightly... I will be utilising the same topics/themes covered by the Archangels and drawing an ANGEL THERAPY ORACLE CARD for each one ♥ Enjoy!

HOME :: ARCHANGEL JOPHIEL

Clear Yourself



“Ask the angels to release any toxic energies that you may have absorbed.”

Archangel Jophiel BEAUTIFIES our thoughts and surroundings.. She is working with Archangel Michael closely this month to clear away any outdated thought patterns regarding the home environment, neighbours, furnishings, payments, inhabitants etc. Archangel Michael will energetically vacuum your home environment and all involved with it.. and fill it with his loving protection and crystal clear white diamond light. This is a time of renewal and honouring useful, beautiful and meaningful things within the home. Natural cleaning products like eucalyptus, sage and tea tree oil are so effective to clean and clear in the home. Make a generous donation to your local charity in the form of clean, unwanted items from your past. Remember to keep your thoughts focussed upon what you would like in your home environment... clean wooden floors.. Herb garden.. Friendly neighbours.. Healthy wildlife.. Pushbike storage.. Studio space for creating.

ROMANCE :: ROMANCE ANGELS

Vegetarian/Vegan



“Fresh organic fruits and vegetables give you a boost of high life-force energy, which elevates your spiritual frequency.”

As we energetically become more aligned with the highest truths of the Universe, it is beneficial to include the highest possible vibrational match in the form of foods and things we ingest. This also includes body products such as shampoos, toothpastes and washing products. In the next step of our evolution, our relationships are moving quickly and we will appreciate having the highest possible energy available to enjoy all that fun and learning. Brisk fresh air walks through the garden or in the nearest park area are also highlighted.. to invigorate the spirit and keep the heart rate flexed. A vegetarian or vegan diet delivers clean, nutrient packed nutrition without the need to ‘detoxify’... all foods are more easy to absorb and are utilised in the body more effectively.. Your spirit will rejoice with clear conscience and great dividends on your physical health and relationship vigour.

MONEY :: ARCHANGEL ARIEL

Archangel Michael



“You’re working very closely with this powerful archangel who’s protecting and guiding you through this situation.”

As we can see, the Archangels believe very strongly in *teamwork*. Archangel Michael is the overseer of all the Archangels, and Archangel Ariel is working with him this month.. offering protection and clarity. From experience, if a situation is not suiting Archangel Michael's divine plan for you and your higher self, he will steer it in the right direction ☺ The key is to focus upon your best situation possible, follow your heart, your guidance, your intuition and be open for ‘better’ situations to appear.. they always do with archangels on board! So with that in mind, let your money be managed by Archangel Michael and Archangel Ariel this month.. you may even feel so comforted, you’ll invite them to assist all the time. This could be the introduction to change your whole life! Relax, enjoy and keep your centre... all is in the hands of love.

CAREER :: ARCHANGEL CHAMUEL

Earth Angel



“You are a light worker who has come to Earth to teach about love.”

These are the times we incarnated for. Our life mission to connect and live in love is manifesting now as an opportunity to share our wisdoms through our professions. Many are shifting gear and honouring their extra sensory gifts, all the while finding how well they enhance other formal training gained from life. This month, just have a look at how you change the planet through your connection to love. Is it through an extension of your parenting skills, now moving outward to inspire others, and reaping financial reward. Is it finding a spiritual twist to your art training or music ability? The existence of angels on Earth is to help others find love. By being loving, and by loving your career path.. this is a quick and delightful way to achieve peace on Earth in all directions. Also look for other Earth Angels as they will support and guide you on your next ventures. Focus on the similarities in others, that divine spark, and your life path unfolds with grace and ease. Be open to give and receive equally.

LIFE PURPOSE :: ARCHANGEL MICHAEL

If You Get Nervous Focus On Service

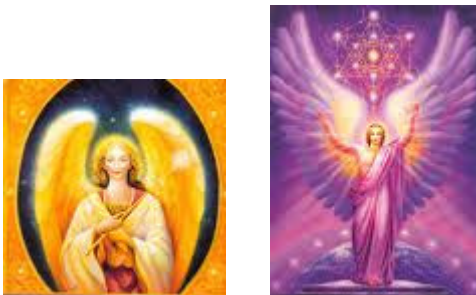


“Put your entire intention on answering the question ‘How can I make the world a better place?’ and the Law of Attraction will automatically take care of your needs.”

In all instances, Archangel Michael is clearing, protecting and guiding. He is always looking for the ‘higher road’ for your spiritual growth and physical well being. He is showing that by assisting, you will also receive. He shows that this is a quickening of ‘ask and you shall receive’ upon the planet.. and that you are paramount in this energy FLOW. Others will have skills and information that assist you, while you, too are the bearer of many specific gifts of all kinds and will be sought after in your chosen area of expertise. If the energy becomes stale or stalled, your clue is to give of your services. Helping is very healing! Again, remember to be open to receiving as well to keep these energy channels clear.

CHILDREN :: ARCHANGELS GABRIELLE & METATRON

Be Willing To Forgive



“Ask the angels to clear your mind and body of past pain in exchange for peacefullness.”

This relates to yourself as a child, and to any children in your life or who have passed. So many books speak about the power of forgiveness, and the angels reinforce this truth. Forgiveness never means that an action of anger or hatred is ok, it is a simple energy label that offers the opportunity to experience love. “Thank you ‘for giving’ me this experience to learn to love fully.” The angels will assist on all levels. As you are drifting off to sleep, mentally call upon the angels to gather all instances in your memory and subconscious that would benefit from forgiveness. The angels will clear these for you as you sleep and this exercise may be repeated as often as you feel. During sleep the angels can access stored memories of your own childhood that had been suppressed and also any physical storage accumulated from childbirth or other instances. The power of breath is very effective with forgiveness exercises too... use the in breath to call in the angels and the exhalation to remove all situations regarding forgiveness. With angelic assistance you will notice the benefits of a clean slate.

FAMILY AND FRIENDS :: ARCHANGEL RAGUEL

Shield Yourself



“Protect yourself from harsh or fear-based energies by envisioning a cocoon of healing light surrounding you.”

With all this across the board clearing going on it is sensible to keep your aura clear and to help others clear theirs. I am always guided to conduct a general aura cleansing every time I brush my teeth... like auric hygiene. This comes up many times in readings too, especially for children and those who wear black clothing (as black is designed to ABSORB energy). The angels liken this also to sorting through the garbage without gloves on and then not washing your hands.. Energy can be shifted! With white light which contains the full spectrum of rainbow colours, we can be 'best dressed' in any environment or situation. When feeling bombarded with excess energy that is unsuitable, mentally call upon Archangel Michael for his clearing and protective shield. Seeing others in a pink bubble is also very effective and supports compassion and communication. Archangel Raguel who is the relationship Archangel will guide you fully with this process. Auras and energy work is very fun. As they say, 'lighten up'!!!

HEALTH :: ARCHANGEL RAPHAEL

Cut Your Cords



“Ask Archangel Michael to clear any old attachments to fear that stem from past relationships, freeing you from destructive patterns.”

All relationships and situations are a transference of energy. This creates thought patterns and sometimes these take the form of cords. It is the forming of cords to life though that can bring a heaviness or lethargy to our health if they are not cleared. Archangel Raphael (the healing Archangel) works so closely with Archangel Michael with this. Archangel Michael is bestowed with a healing sword of light which instantly severs old outdated ties to situations no longer serving our higher selves. Archangel Raphael then uses his healing ray of green light to soothe and heal the situation. As angels are not constrained to the restrictions of time they can be with us simultaneously. In a quiet space, focus your breathing and call out to these angels to cut your cords. Notice the renewed lightness and effervescence. This is a strong practise to continue with and you will find that new cords are harder to form and take hold. Your aura is strengthening and the energy of love is replacing all outdated situations which leaves more room for health and vitality.

SPIRITUAL PATH :: ARCHANGEL URIEL

Goddess

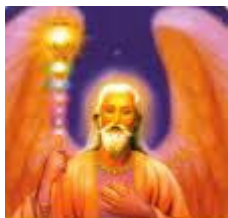


“Express your Divine feminine energy, embracing its magical intuition and nurturing qualities.”

Many years ago, I was shown the balance of the universal energies. God was shown to me as the THOUGHTS of love. While the Goddess, was explained as ALL MANIFESTATIONS of this love. So this means, that our physical bodies are representations of the Goddess Energy. The forests are the Goddess, the seas and all the food and clothes we have in our lives daily. The feminine qualities in patriarchal societies are fully reemerging now, balance will always prosper. To move further on our spiritual path, Archangel Uriel is showing that it is vital to honour our physical realities... to treat these with devotion and divine attention. The nurturing and intuitive qualities are natural expressions of yin to coexistence with the yang. Male or female, both the Goddess and the God energies dwell within us all. By honouring our God by having thoughts of love, our physical realm or Goddess will thrive and balance and harmony will be the result. Love is the only true creative energy.

PSYCHIC DEVELOPMENT :: ARCHANGELS RAZIEL AND HANIEL

Heart Chakra



“The answer that you seek is in your heart right now. Be open to giving and receiving love.”

Your love is your greatest gift! The sensing of love can enhance your psychic abilities. These abilities are truly always with us, the energy of love unlocks them for good. Our twin flames and soul groups are calling to us at this time. The psychic pathways are the channel for these communications. It is a natural ability to 'know'. The body and the psyche contain all that is possible within the universe at any and all times. The heart has been proven to hold it's own special link with the brain and the electric pulses of the heart correlate with the magnetic energies of the planets and also with others. Trust that the answers you seek are within you! Let them surface and be honoured. Simplify the path ahead of you and release the grips of societies past with the ego. The way forward is with peace and knowingness. By taking the time to listen to your heart, you will truly be enlightened. No tricks, just simple truth.

:: 2011 numerology/prayers ::

In numerology

2 = balance, harmony & union

0 = Spirit

11= is the Master number for relationships

My strongest most potent prayers continue...

“May we all live peacefully and connected wholistically with our twin flames. A planet honouring spirit, love and soul purpose is a planet in peace & creativity.”

Om na ma shi va ya



:: THANKYOU ::

A special thankyou to all of you who enjoyed the ChaiBLISS Made It online market over the last month... sales were great with so many positive responses! Most items stay online for 3 months, so there is PLENTY of time to check it out ☺

To all the lovely families who treated their loved ones with homeopathics this season (again). My heartfelt blessings to you.. I fully believe in this, and I truly respect your shared vision for pure health and vitality.

A special thankyou for Spirit.. This holiday season has brought a huge influx of prime quality family energy our way.. Awesome interstate cousin visits, phenomenal phone conversations with divine relatives, overseas expats returning again soon, grand adventures around Oz for some and travelling the world for work for others, even a wedding... my cup runneth over ♥

You are peace and love

xox