



♥ welcome to
Bliss HEALING
JANUARY EDITION
twenty twelve

Welcome to a fresh New Year!

Strong Guidance from the Angels right now, is that we are slowly dissolving time as we know it. A strong Energetic Shift from the 11/11/11 Portal began this in earnest. A real Guidance to be in your own time. Research of the history of time shows that the Gregorian calendar is not necessarily fully aligned with the Mayan calendar, that train lines affected time lines... the Industrial Age brought in work hours and a whole new set of rules.

As we move into our Golden Age, the Angels remind us to be GENTLE, to remain HONEST and to CONNECT WITH NATURE. Forming our own patterns, cycles and unique pathways enables our stable and comfortable evolution with Grace & Ease.

A key theme/word for this whole exercise is TRUST... Trusting in the Divine, our own Higher Self, our Intuitive Guidance and our Instincts... Divine Timing has always had precedence over the 'rat race' ☺

The Angels also guide us back to the planets, moons and seasons. An Earth Based Year, they say.

Be open to awaking with the sunrise, sending blessings to the whole planet at this time; honouring your dreams; eating compassionately; drinking pure water; resting well and aligning with the moon signs.

Your Angels are with you at all times, allowing Guidance and Assistance in all ways to flow directly to you.

As this is a popular month for Divination and Readings I would be honoured to offer 10% OFF ALL ANGEL GUIDANCE READINGS this month ♥ Simply contact me and I will set up a discounted PayPal invoice for you ॐ

The format for the Readings recently has continued to be via email.. beginning with an Angel Healing/Clearing, and includes Personal Information from your Guardian Angels and Guides of Light, often covering dietary information; crystal guidance and Past Life information. (what ever is relevant to you) I then am Guided to one of Doreen Virtue's Oracle Card Decks and I choose a PAST, PRESENT, FUTURE card reading and include your own personal photo of these cards. This takes me a full hour or more and is sent directly to your chosen email address. The Healing occurs simultaneously and the Angels often explain that they will continue to conduct healings over a certain time during sleep hours.

Once payment is received I can usually get your Angel Messages to you within a few days. This continues to be a deep passion of mine and as my Facebook Friends know, I often offer FREE CARD READINGS at ChaiBLISS Healing. This offer is to honour your continued healing process; process of discovery and to quench your curiosity.

In love & light *Rainbow Butterfly Tara*





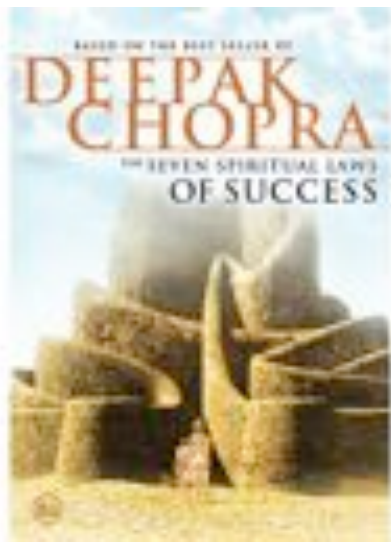
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::Seven Spiritual Laws of Success ~ Deepak Chopra:



Deepak Chopra is a well known bestselling author, educator and wholistic health pioneer and his Seven Spiritual Laws of Success explain that there are many aspects to success.

1. THE LAW OF PURE POTENTIALITY

This law is based on the fact that we are, in our essential state, pure consciousness. Pure consciousness is pure potentiality; it is the field of all possibilities and infinite creativity. When you discover your essential nature and know who you really are, in that knowing itself is the ability to fulfill any dream you have, because you are the eternal possibility, the immeasurable potential of all that was, is and will be. This law could also be called the Law of Unity, because underlying the infinite diversity of life is the unity of one all-pervasive spirit. There is no separation between you and this field of energy. One way to access the field is through the daily practice of silence, meditation and non-judgment. Spending time in nature will also give you access to the qualities inherent in the field: infinite creativity, freedom and bliss.

2. THE LAW OF GIVING

This law could also be called the Law of Giving and Receiving, because the universe operates through dynamic exchange. The flow of life is nothing other than the harmonious interaction of all the elements and forces that structure the field of existence. Because your body and your mind and the universe are in constant and dynamic change, stopping the circulation of energy is like stopping the flow of blood. Whenever blood stops flowing, it begins to clot, to stagnate. That is why you must give and receive in order to keep wealth and affluence--or anything you want--circulating in your life. If our only intention is to hold on to our money and hoard it--since it's life energy, we will stop its circulation back into our lives as well. In order to keep that energy coming to us, we have to keep the energy circulating. Thus, the more you give, the more you will receive. The best way to put The Law of Giving into operation is to make a decision that any time you come into contact with anyone, you will give them something. It doesn't have to be in the form of material things; it could be a flower, a compliment or a prayer. In fact, the most powerful forms of giving are non-material. The gifts of caring, attention, affection, appreciation and love are some of the most precious gifts you can give, and they don't cost you anything.

3. THE LAW OF KARMA (or Cause and Effect)

"Karma" is both action and the consequence of that action; it is cause and effect simultaneously, because every action generates a force of energy that returns to us in kind. There is nothing unfamiliar about the Law of Karma. Everyone had heard the expression, "What you sow is what you reap." Obviously, if we want to create happiness in our lives, we must learn to sow the seeds of happiness. Therefore, karma implies the action of conscious choice-making. Whether you like it or not, everything that is happening at this moment is a result of the choices you've made in the past. Unfortunately, a lot of us make choices unconsciously, and therefore we don't think they are choices--and yet, they are. If you step back for a moment and witness the choices you are making as you make those choices, then in just this act of witnessing, you take the whole process from the unconscious realm into the conscious realm. This procedure of conscious choice-making and witnessing is very empowering. You can use the Law of Karma to create money and affluence, and the flow of all good things to you, any time you want. But first, you must become consciously aware that your future is generated by the choices you are making in every moment of your life. If you do this on a regular basis, then you are making full use of this law. The more you bring your choices into the level of your conscious awareness, the more you will make those choices

4. THE LAW OF LEAST EFFORT

This law is based on the fact that nature's intelligence functions with effortless ease and abandoned carefreeness. This is the principle of least action, of no resistance. This is, therefore, the principle of harmony and love. When we learn this lesson from nature, we easily fulfill our desires. In Vedic Science, the age-old philosophy of India, this principle is known as the principle of economy of effort, or "do less and accomplish more." Ultimately, you come to the state where you do nothing and accomplish everything. This means that there is just a faint idea, and then the manifestation of the idea comes about effortlessly. What is commonly called a "miracle" is actually an expression of the Law of Least Effort. Least effort is expended when your actions are motivated by love, because nature is held together by the energy of love. When you seek power and control over other people, you waste energy. When you seek money or power for the sake of the ego, you spend energy chasing the illusion of happiness instead of enjoying happiness in the moment. When your actions are motivated by love, your energy multiplies and accumulates--and the surplus energy you gather and enjoy can be channeled to create anything that you want, including unlimited wealth. There are three components to the Law of Least Effort--three things you can do to put this principle of "do less and accomplish more" into action. The first component is acceptance. Acceptance simply means that you make a commitment: "Today I will accept people, situations, circumstances and events as they occur." This means I will know that this moment is as it should be, because the whole universe is as it should be. The second component is responsibility. This means not blaming anyone or anything for your situation, including yourself. This allows you the ability to have a creative response to the situation as it is now. All problems contain the seeds of opportunity, and this awareness allows you to take the moment and transform it to a better situation or thing. The third component to the Law of Least Effort is defenselessness. This means that you have relinquished the need to convince or persuade others of your point of view. If you relinquish this need you will in that relinquishment gain access to enormous amounts of energy that have been previously wasted.

5. THE LAW OF INTENTION AND DESIRE

This law is based on the fact that energy and information exist everywhere in nature. A flower, a rainbow, a tree, a human body, when broken down to their essential components are energy and information. The whole universe, in its essential nature, is the movement of energy and information. The only difference between you and a tree is the informational and energy content of your respective bodies. You can consciously change the energy and informational content of your own quantum mechanical body, and therefore influence the energy and informational content of your extended body--your environment, your world--and cause things to manifest in it. The quality of intention on the object of attention will orchestrate an infinity of space-time events to bring about the outcome intended, provided one follows the other spiritual laws of success. Intention lays the groundwork for the effortless, spontaneous, frictionless flow of pure potentiality. The only caution is that you use your intent for the benefit of mankind.

6. THE LAW OF DETACHMENT

This law says that in order to acquire anything in the physical universe, you have to relinquish your attachment to it. This doesn't mean you give up the intention to create your desire. You give up your attachment to the result. This is a very powerful thing to do. The moment you relinquish your attachment to the result, combining one-pointed intention with detachment at the same time, you will have that which you desire. Anything you want can be acquired through detachment, because detachment is based on the unquestioning belief in the power of your true Self. Attachment comes from poverty consciousness, because attachment is always to symbols. Detachment is synonymous with wealth consciousness, because with detachment there is freedom to create. True wealth consciousness is the ability to have anything you want, anytime you want, and with least effort. To be grounded in this experience you have to be grounded in the wisdom of uncertainty. In this uncertainty you will find the freedom to create anything you want.

7. THE LAW OF 'DHARMA' OR PURPOSE IN LIFE

The seventh spiritual law of success is the Law of Dharma. (Dharma is a Sanskrit word that means "purpose in life.") This law says that we have taken manifestation in physical form to fulfill a purpose. You have a unique talent and a unique way of expressing it. There is something that you can do better than anyone else in the whole world--and for every unique talent and unique expression of that talent, there are also unique needs. When these needs are matched with the creative expression of your talent, that is the spark that creates affluence. Expressing your talents to fulfill needs creates unlimited wealth and abundance. There are three components to the Law of Dharma. The first says that each of us is here to discover our true Self. The second component is to express our unique talents; the expression of that talent takes you into timeless awareness. The third component is service to humanity. When you combine the ability to express your unique talent with service to humanity, then you make full use of the Law of Dharma. The Seven Spiritual Laws of Success are powerful principles that will enable you to attain self-mastery. If you put your attention on these laws and practice the steps outlined above, you will see that you can manifest anything you want--all the affluence, money and success you desire. You will also see that your life becomes more joyful and abundant in every way, for these laws are also the spiritual laws of life that make living worthwhile.



::History of Chai::

Known in India as 'Grandmother Tea'. Traditionally handed down through the women of the family.

The use of Chai can be traced back as a cure that developed for minor ailments in people who did not have access to medical care. It was then consumed on a regular basis as a REGENERATIVE AND CLEANSING drink.

In Ayurvedic terms, a healthful tonic drink is called a Rasayana.

Second only to water as the HEALTHIEST beverage choice - March 2006 Journal of American Clinical Nutrition!!

As many of you know, ChaiBLISS is a HUGE passion of mine! And many of you are like me and enjoy it as a tonic EVERYDAY ☺ As a former Naturopath student, I enjoyed studying Herbal Medicine so much and am thrilled to have been guided to this formula that is 100% ORGANIC & made with Caffeine Free Organic Tea.. yum!

Here is a list of the Medicinal Properties of the Ingredients of ChaiBLISS:

ANISEED *Pimpinella anisum* :: Antispasmodic; aromatic; carminative; digestive; expectorant; stimulant; stomachic; tonic. Promotes digestion improves appetite, alleviates cramps/nausea/flatulence/colic.

BLACK PEPPER *Piper nigrum* :: Adds sweetness! and spice. The organic whole black pepper that I hand grind has a real apple scent to it. Enhances circulation, flavour and digestive fire.

CARDAMOM *Elettaria cardamomum* :: Enhances flavour; warms & stimulates Agni (our digestive fire) neutralises the toxic affects of caffeine. Considered sattvic (stimulates spiritual purity)

CARRAWAY *Carum carvi* :: Antispasmodic; appetizer; carminative; expectorant; galactagogue; stomachic.

CINNAMON *Cinnamomum zeylanicum* :: Regulates blood sugar; lowers LDL cholesterol; reduces yeast infections; anti-cancerous; reduces pain of arthritis; anti-bacterial; the aroma increases memory and cognitive function; contains Manganese, Iron, Calcium and fibre. Natural sweetener and flavour enhancer.

CLOVES *Caryophyllus aromaticus* :: Anodyne (natural pain reliever); antiseptic; antiemetic (reduces vomiting/nausea).

FENNEL *Foeniculum vulgare* :: Antispasmodic; aromatic; carminative; expectorant; galactagogue; stomachic.

GINGER *Zingiber officinale* :: Adjuvant (enhances the effects of the other ingredients); appetizer; carminative; diaphoretic; sialogogue. Ginger stimulates circulation, soothes sore throats & dispels colds.

NUTMEG *Myristica fragrans* :: Aromatic; carminative. Just a small amount acts on the stomach to improve appetite and digestion.

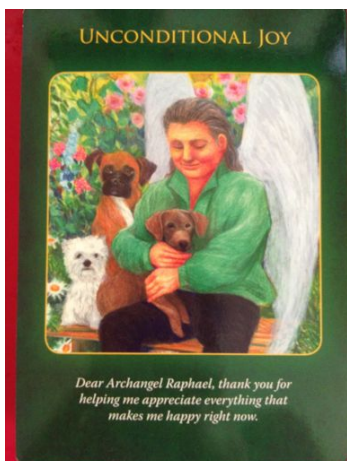
VANILLA *Vanilla planifolia* :: The YUM factor! Enhances all other flavours. Gives a rounded, silkiness to the Chai.

BLACK TEA *Camellia sinensis* :: Anti-cancerous; promotes gum and dental health; reduces blood pressure; reduces flu onset. Contains anti-oxidants and enzymes that enhance digestion.



:: Angel Guidance Reading for January ::

This month's Guidance is to utilise the ARCHANGEL RAPHAEL HEALING ORACLE CARDS. This time of year brings up a lot of space for healing past patterns and allows a full spectrum alignment to occur. Archangel Raphael is Guiding us all to watch our thoughts regarding our health. He explains that by stating what is occurring in our physical bodies we can inadvertently reinforce disharmony. Instead, he Guides us to utilise these precise and accurate symptoms and flip them into POSITIVE AFFIRMATIONS. These affirmations align completely with the Healing force of the Universe.. the self sustaining, all pervading realigning factors that are our truth.



HOME :: ARCHANGEL JOPHIEL :: UNCONDITIONAL JOY

'Dear Archangel Raphael, thank you for helping me appreciate everything that makes me happy right now.'

Archangel Raphael is showing how vital the energy of our home is to our wholistic health. When we LAUGH we allow the goodness of the whole universe to align us and it literally ELEVATES our vibrational fields. A home with laughter is a happy, healing place indeed.

I am also shown the power of the actual word JOY when we can see it written within our home. It is a short and sweet, simple word that naturally lifts the corners of the mouth and increases our chi.

Utilise the healing energy of these 3 letters somewhere they will be easily seen by all who enter your home! En-joy your home this month and fill it with Unconditional Joy with the Angels ♥

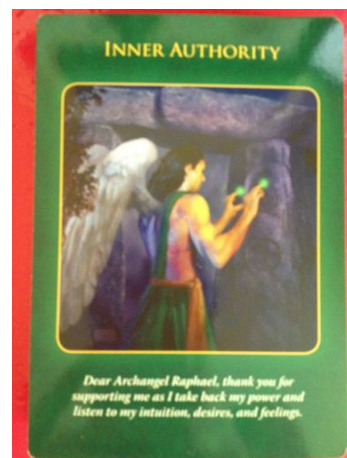
ROMANCE :: ROMANCE ANGELS :: INNER AUTHORITY

'Dear Archangel Raphael, thank you for supporting me as I take back my power and listen to my intuition, desires and feelings.'

One of Archangel Raphael's skills is Divine Matchmaker. In this instance he is working with the Romance Angels and our Higher Selves to hone our intuition and personal guidance system inherent within.

I am seeing many paths changing this month... all with Grace. As we are Guided to go within for our knowledge, we see the actual truth there waiting patiently for us. What a joy this is!

Have fun aligning on this level this month.. the energy feels amazing ♥



MONEY :: ARCHANGEL ARIEL :: DO MORE RESEARCH

'Dear God and Archangel Raphael, thank you for clearly and gently leading me to the information that I need to know for my wellbeing. Please give me the courage to be assertive as I take charge of my health-care needs.'

We all know that a feeling of prosperity can also lead to a feeling of wellbeing. This month Archangel Ariel and Archangel Raphael are working together to ensure our monetary and physical needs are met, to ensure optimal health conditions.

It appears that there is more information to uncover regarding this theme. Keep your Angels close by in your thoughts in these areas to ensure prime prosperity and optimal health conditions.

I am shown that books will play a large part in our lives this month.

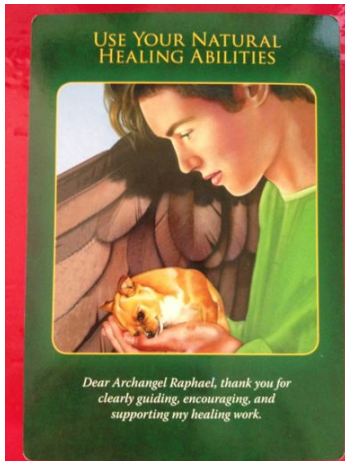
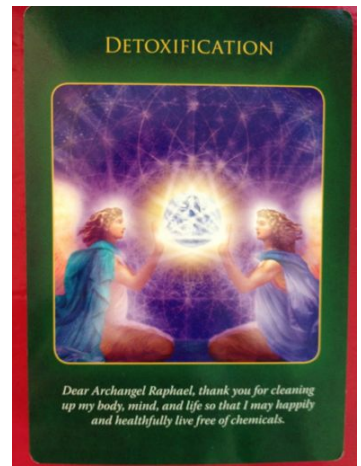
CAREER :: ARCHANGEL CHAMUEL :: DETOXIFICATION

'Dear Archangel Raphael, thank you for cleaning up my body, mind and life so that I may happily and healthfully live free of chemicals.'

... and free of toxic environments and people, allowing ALL situations to fully serve my Higher Purpose.

Looks like some healing occurring across the board this month.. a full re-shuffling. This will all occur easily and with Grace with the Angels support and assistance. Archangel Raphael will enhance the work environments across the planet this month.

As the Archangel of Peace, Archangel Chamuel is Guiding us more towards our true VOCATION rather than following a career. Your Inner Guidance, dreams and feelings will be Guiding you in the right direction at all times.



LIFE PURPOSE :: ARCHANGEL MICHAEL :: USE YOUR NATURAL HEALING ABILITIES

'Dear Archangel Raphael, thank you for clearly guiding, encouraging and supporting my healing work.'

What are your natural healing talents? Are you an avid listener? Do you have 'healing hands' and know instinctively where to place them? Are you an artist who heals with colour, form and imagination?

This is strong! Archangel Michael and Archangel Raphael are THE power team of the Archangels... they are working together this month to lift the vibration of the planet naturally and peacefully. By simply expressing our NATURAL HEALING ABILITIES we are a part of this revolution of Peace on Earth NOW!

Find your purpose by serving a purpose (Doreen Virtue) ♥

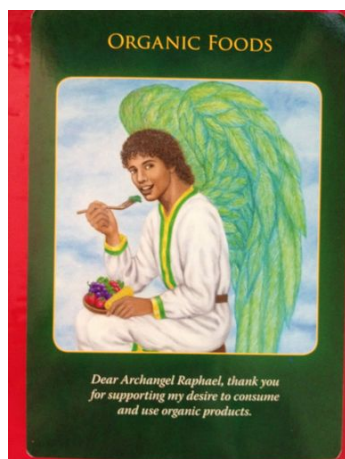
CHILDREN :: ARCHANGEL GABRIELLE & ARCHANGEL METATRON :: YES!

'Dear Archangel Raphael, please help me trust my feelings as the accurate barometer of truth.'

The Angels are reminding us how great it FEELS to say YES! To have the response YES! To know deep within!

This month, chances are if there is a question... the answer is going to be Yes! Say Yes! to your Inner Child... ride on the beach... or watch that movie again. Take charge of circumstance, take charge of outcomes and put positive memories and experiences into your life. Allowing yes into our lives allows miracles on all levels.

This month smile as doors open for you, introductions are made, deals go ahead and plans unfold .. this is how life is meant to be! Congratulations on all our efforts and allowances xOx



FAMILY & FRIENDS :: ARCHANGEL RAGUEL :: ORGANIC FOODS

'Dear Archangel Raphael, thank you for supporting my desire to consume and use organic products.'

Saying YES! to this one! The friends I have met at the local Organic Farmer's Markets are AWESOME!... and probably wondering where I've been ☺

I love love love the healing energy of organic foods and my family and I have enjoyed these for many years (I'm really rather strict about it... ask MY family ☺)

The benefits of organic foods WILL help you and your family and friends AND the whole planet! The prices are steady and you will find increased health and happiness along with more money in your pocket as you are naturally avoiding the doctor... win win ♥

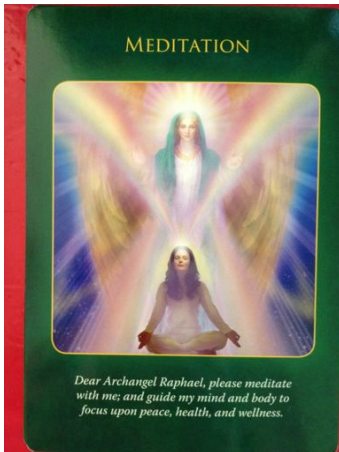
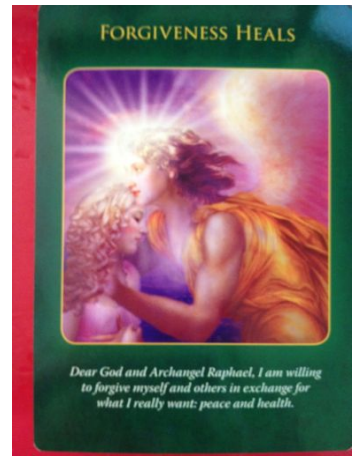
Oh, and the FLAVOUR!

HEALTH :: ARCHANGEL RAPHAEL :: FORGIVENESS HEALS

'Dear God and Archangel Raphael, I am willing to forgive myself and others in exchange for what I really want: peace and health.'

Doreen Virtue always explains forgiveness so well. It is not saying what has happened is ok, it is simply an understanding of the bigger picture, and a release of the pain involved. Often times we are hardest upon OURSELVES. This month we are 'having an intensive', the Angels smile.

Before sleep do call upon Archangel Raphael for a FULL BODY HEALING. This does wonders and any residual fear simply has no place to re-attach itself once our bodies are filled with the glorious light of love.



SPIRITUAL PATH :: ARCHANGEL URIEL :: MEDITATION

'Dear Archangel Raphael, please meditate with me; and guide my mind and body to focus upon peace, health and wellness.'

Looking at this stunning image, I am reminded of the many layers we are actually a part of. Archangel Uriel illuminates our pathways, and this month he is linking us with our whole selves. Meditation has great reviews! It is a conscious energy to CONNECT. To BE. To SHINE.

When we consciously connect with SOUL ENERGY all our pathways; past, present & future line up. The truth is truly illuminated.

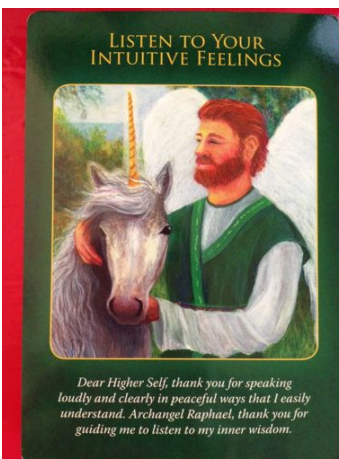
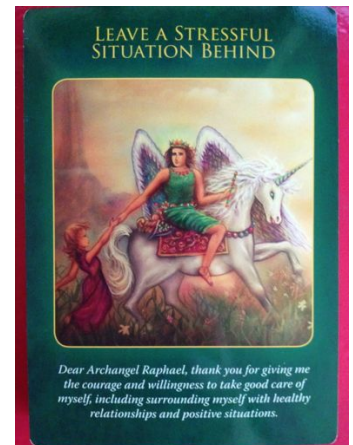
With the Angels ... PEACE is possible ♥

PSYCHIC DEVELOPMENT :: ARCHANGEL RAZIEL & ARCHANGEL HANIEL :: LEAVE A STRESSFUL SITUATION BEHIND

'Dear Archangel Raphael, thank you for giving me the courage and willingness to take good care of myself, including surrounding myself with healthy relationships and positive situations.'

Continuing on the theme of RE-ALIGNMENT and RELEASE. The last year or so has been a constant fine tuning of LIVING OUR BEST LIVES.

Again, looking at the image... each of us has our own personal Unicorns that have been with us during our dreams since birth. This month it looks like our loyal friends, the Unicorns will be taking us to peaceful situations in our dreams.. so that we may instill this knowledge in our daily lives. Connect and Align... and leave the stress behind ♥



YES OR NO :: ARCHANGEL AZRAEL :: LISTEN TO YOUR INTUITIVE FEELINGS

'Dear Higher Self, thank you for speaking loudly and clearly in peaceful ways that I easily understand. Archangel Raphael, thank you for guiding me to listen to my inner wisdom.'

Yay! More Unicorns.. and that recurring theme of INTUITION... love it ♥

Archangel Azrael is famous for his humour, so enjoy this process.. when posed with a decision, trust and rest assured that you have the perfect intuitive energy within you... and your Unicorn IS right by your side ♥

Archangel Raphael is also known for his assistance with TRAVEL, and he reminds us that CENTREDNESS promotes our Natural Intuition.

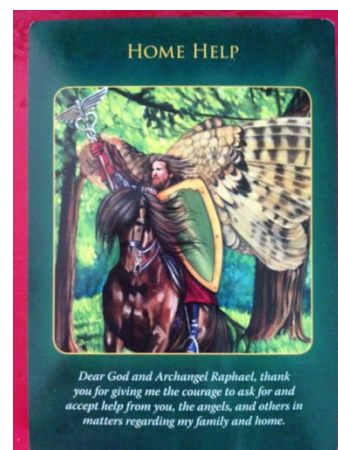
WHEN WILL IT HAPPEN :: ARCHANGEL JEREMIEL :: HOME HELP

'Dear God and Archangel Raphael, thank you for giving me the courage to ask for and accept help from you, the angels and others in matters regarding my family and home.'

The recurring theme of the happy home again here.

The FEELING I get with this one, is that things will be sorted out swiftly. There is ALOT of POWER behind this and that so many of us are really really ready for some awesome 'home' energy.

This may link back to the MEDITATION card too... a more Spiritual Home feeling. Also a connection with the Elementals here. Working with the Devas and outdoor Angels will bring clarity and calmness. Ahhh ♥



: :ChaiBLISS HEALING on Facebook: :



I embraced Facebook later than some and I have thoroughly enjoyed reaching like minded folk all around the globe.

It is instant and easy.

Every month I have a draw for a 200gm Eco Refill of ChaiBLISS. To enter follow the posts.

I have also had fabulous feedback from the spontaneous Oracle Card Readings for free that I am Guided to post on occasion.

Facebook also has wonderful 'share' links that we can quickly and easily share wisdoms with others.

If you feel guided, pop on over to www.facebook.com/chaibliss

Have a gentle beginning to the year everyone.

Stay in the moment and allow all the wonders of the Universe to find you.

Angel Blessings of Infinite Bliss

Rainbow Butterfly Tara