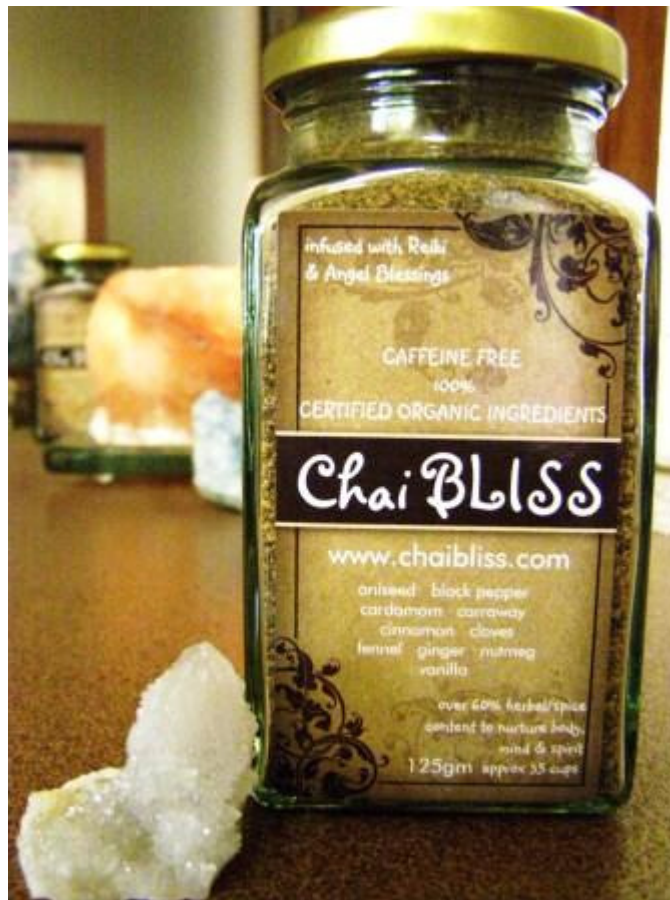


Hi everyone...



I am really excited to reveal my new labels to you all..  
New glossy business card size colour labels including ingredients list and webpage info...



sending blessings your way  
be well  
Rainbow Butterfly Tara





Photo by Rainbow Butterfly Tara

♥ welcome to **Bliss HEALING** October  
Twenty ten Edition

In this Edition: :: NEW :: Gift Certificates  
Coconut Body Bliss  
Chai Coconut Salt Scrub  
Remedy information :: Magnesium Phosphate  
Angel Meditation ♥ Breath  
Angel Guidance Board Reading  
Newsletter SPECIAL :: Soul Life Purpose Readings ½ price ©  
Food of the Month :: Pomegranate Juice

## GIFT CERTIFICATES

GIFT CERTIFICATE

delight all the senses



DATE \_\_\_\_\_

TO \_\_\_\_\_

FROM \_\_\_\_\_

AMOUNT \_\_\_\_\_

ChaiBLISS

As the ChaiBLISS range expands and Christmas approaches, I am guided to offer ChaiBLISS **GIFT CERTIFICATES**. Printed on RECYCLED PAPER, available in any amount that suits and with FREE POSTAGE/or E-VOUCHER... make light of shopping ☺

For use on:

- ♥ Homeopathic CONSULTATIONS (still only \$25)
  - ♥ Homeopathic LIQUID REMEDIES \$13.50
  - ♥ Homeopathic FIRST AID KITS (\$50 for 5 x Remedies in a denim pouch with remedy information = a saving of over \$20!)
  - ♥ Manifestation Mobiles (receive FREE POSTAGE with any Manifestation Mobile featured on the SEW SEW GOOD page)
  - ♥ Angel Guidance Board Reading (as featured in BlissHEALING every month.. Extended and specific personal reading) Such good value for this helpful guidance, only \$10.
  - ♥ Angel Guidance Reading/Healing... featuring AURA CLEANSING and other Angel Intuitive techniques. Reduced Price \$40.
  - ♥ Any BodyBLISS products... see Oct BlissHEALING for details.
  - ♥ ChaiBLISS 100% certified organic caffeine-free 125gm jar (\$10) & \$9 eco-option refill.
- :: ALL PRICES IN \$A ::

## BODYBLISS

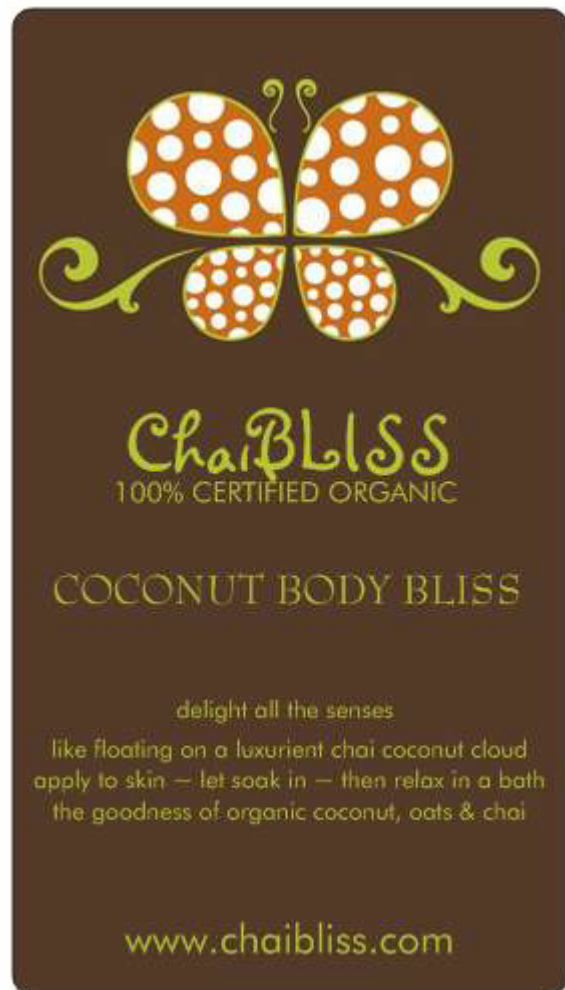
A new page at [www.chaibliss.com](http://www.chaibliss.com) for the :: NEW :: "Chai Coconut Salt Scrub" & "Coconut Body Bliss".

This is chai-scented goodness for your skin. Packaged in quality glass with glossy new labels.



For a thorough EXFOLIANT, Chai Coconut Salt Scrub contains a mixture of Himalayan & Celtic Sea Salt with ORGANIC coconut oil and aromatic ChaiBLISS. Use this to clear your pores on your face and moisturise at the same time. Glorious! Use for an all over body cleanse on dry skin then rinse off in the shower.

300gm jar \$A15



For an extra NUTRITIVE body treat add some *organic coconut milk* to a small portion of your Coconut Body Bliss. Containing organic oats, which naturally emulsify and create their own milk, Coconut Body Bliss will create a Cleopatra~style chai~scented bath to immerse your divine bodies in.



200gm jar \$A10

## REMEDY INFORMATION :: MAGNESIUM PHOSPHATE

Magnesium Phosphate/Phosphate of Magnesia or MAG PHOS is a welcome edition to any FIRST AID KIT. It is the first recommendation for *sharp shooting pains that may move around and crave warmth*.

Mag Phos' actions are  
~ anti-spasmodic and create a RELAXING effect.

This suits such situations as *colic, stomach ache, menstrual cramps, toothache, teething, sciatica, back ache, headache/migraine, coughs, hiccups, chronic fatigue syndrome, nerve injury/damage, constipation, insomnia, growing pains, fibromyalgia, tennis elbow, muscle strain, writer's cramp*.

Studies have shown that due to refined foods, pollution, malabsorption and stress, that most adults are deficient in the mineral magnesium. It is involved in more than 300 enzyme reactions involving energy and nerve function. It is involved with muscle function, along with Potassium and Calcium. The function of this salt is to maintain the independent movement of the cells.

Homeopathic Mag Phos is quickly absorbed into the body for quick relief. It also assists in helping the body utilise magnesium from our food. Homeopathic Mag Phos ofcourse differs from the mineral supplement, in that the body is not taxed during the digestion process and the body can regulate how much it requires through the vibrational essence, not given a 'blanket' dose that the body must then 'deal' with... often leading to diarrhea.

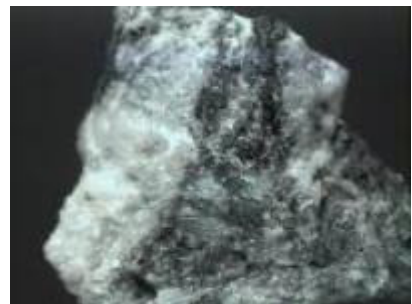
A deficiency in Magnesium Phosphate can lead to emotional stress as well.. *irritability, anxiety, depression, agitation, panic attacks*. In today's society when everyone is *rushing* to work or to their yoga practice, relying on drinking coffee to wake up or 'cope' with the kids all day, and worrying... Mag Phos is a port in the storm.

Magnesium Phosphate occurs naturally in the body and deficiency effects the heart and skeletal muscles. Homeopathic Mag Phos allows us to open our hearts and go with the flow.. supporting the adrenal functions and allowing clear and happy thoughts to reign.

In a first aid situation, Mag Phos can help when symptoms arrive after being in a cold draught. A patient may *double over with shooting pains* and symptoms may become worse when they are debilitated and tired. Symptoms from swimming in too cold water can also be relieved from Mag Phos. Mag Phos is for a patient who prefers heat to cold, strong pressure to light touch, and warmth rather than draughts.

To recap, Magnesium Phosphate when taken homeopathically ▼cramps ▼stress & ▲wholistic integrity▲adrenal support▲bone density▲muscle strength.

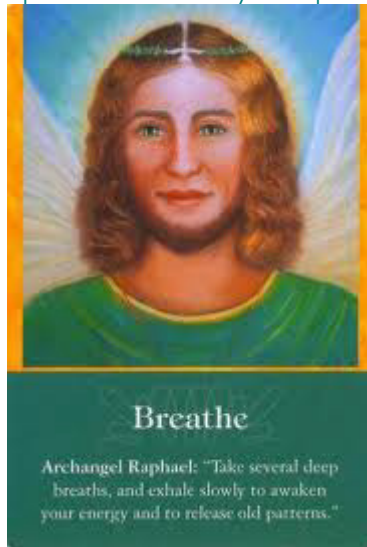
Available in healing green glass bottles in liquid form at [www.chaibliss.com](http://www.chaibliss.com) for \$A13.50. Please email me or shop online.



## ANGEL MEDITATION ♥ BREATH

The angels work with molecules of oxygen to literally INSPIRE us. It has been said that we only use 10% of our brains... I am beginning to wonder if we are only utilising 10% of our *lungs*. With pollution, perfume and 'faster' lives it is a natural inclination to breathe faster and therefore shallower. This leads to ill-health and confusion of the mind. It is a wonderful gift to teach our children the power of breath so they may be equipped for their whole lives. Honouring the BREATH is a vital step forward in our evolutionary path. To partner our *sacred* water intake and *blessed* fresh food, deep slow *breath* is paramount. To really clear your mind... take some conscious, angel-filled breaths...

Feel your chest expand fully. Really invest in this. Your abdominal muscles also naturally tone to their fullest potential this way. Simple.



On the inhale, "I am loving light"

On the exhale, "All is well in my world"

On the inhale, "I am one with all of life"

On the exhale, "The Universe supports my heart~felt actions"

Inhale "I see love wherever I go"

Exhale "Only good comes to me and through me"

In "Life is a bountiful harvest"

Out "Love sustains me wholistically"

In "It is safe for me to be in my power"

Out "I am supported and safe"

Inhale "Giving and receiving occur naturally from the heart now"

Exhale "With all of life, I am one"

So be it ♥



## ANGEL GUIDANCE BOARD READING FOR OCTOBER TWENTY TEN

SPIRITUAL PATH :: ARCHANGEL URIEL



### MEDITATION

Archangel Uriel clears our emotional bodies. He reminds us that the *true act of meditation* is to tune in to LOVE. This is where our spiritual path is leading us. No longer is it humane to sit for hours on end 'in meditation'... the new path is a CONSTANT ENERGY of moving, being, actualising love. So be it (mmmwwaaahh ♥)

HEALTH :: ARCHANGEL RAPHAEL



### SURRENDER & RELEASE

Archangel Raphael and his healing green ray is offering release from past pains/patterns and programs. He offers us freedom, ease and grace... health is our divine right. Simply hand over ANYTHING in your life that requires 'health' and Archangel Raphael will assist. Just ask! ♥ xox

FAMILY & FRIENDS :: ARCHANGEL RAGUEL



### NEW

This month your wishes and prayers are answered regarding a RENEWAL vibe with friends and family. This is a beginning phase... as we regroup toward the Galactic Sun alignment 2011/2012. Our hearts are now flowing openly with the gifts of loving giving *and* receiving. Symbiotic Relationships ensue.

CHILDREN :: ARCHANGELS GABRIELLE & METATRON



### PLAY

Are we getting the message? ☺ In our heart of hearts we are HAPPIEST when we play as/with children. What is it you **love** to do? The energy of PLAY links us to our *creativity* which links us to love so we are in harmonious universal flow. This is the way of our EVOLUTION. Enjoy ♥

## LIFE PURPOSE :: ARCHANGEL MICHAEL



### **WRITER/JOURNALIST**

This month Archangel Michael is guiding us with writing projects. It could be applying of a grant for a cause that stirs your heart; helping with an assignment for your studies; writing a letter to yourself in gratitude for your life so far; writing your blog/book etc. Let your creative energy flow with the energy of words and communication. Everyone has a story.

## CAREER :: ARCHANGEL CHAMUEL



### **FINANCES**

Archangel Chamuel is GRINNING as he hears many moans in this area of life on Earth. He shows that *in the past* the energy of money/finances has been 'here it is, work hard, it's not actually enough' in an ego/separatist based realm. Survival of the fittest. Well, the fittest in the financial realm in this **NEW** dawning society is *celebrating the open heart*. In particular, the energy of GRATITUDE! Being thankful for what we have honours the universal flow, the fantastic MIRACLE of MANIFESTATION. Being thankful in the present moment allows PROSPERITY.

## MONEY :: ARCHANGEL ARIEL



### **CUT YOUR EXPENSES**

Archangel Ariel reminds us that we are all **connected** and by *sharing our talents and resources* we can help others AND reap the rewards. "We are each of us angels with one wing and only by embracing each other may we fly." When we attune to our true soul purpose our livelihoods alter for the better. Our services are honoured and sought after because we are so *good at what we do*. It is expensive for the spirit to stretch oneself for the sake of money only. When we are living from the heart, money that we earn has a vibration of love not guilt or pressure, and tends to stay with us! Try it xox

## ROMANCE :: ROMANCE ANGELS



### **PATIENCE**

The romance angels show that everything is lined up. Our twin flame energy is raring to go. Having patience allows all the finishing touches (including divine timing) to align totally. Just as a classic song is first perceived before it is performed... the performance is SOON!

## HOME :: ARCHANGEL JOPHIEL



### **EAST**

Tuning into the East is our path for the month. Depending on your location, is the sun rising or setting. Are we letting something go from our home life, or seeing a new dawn (essentially one and the same ☺) Follow your hearts as always. Remember to have constant conversations with your Angels

## PSYCHIC DEVELOPMENT :: ARCHANGELS RAZIEL & HANIEL



### **LIFESTYLE**

The way we *choose* to live our lives carries our own unique **STYLE**. The angels are guiding us to really take notice of this part of our lives this month. Are we predominantly *tactile* and enjoy the sensation of *touch*. Are we *visually* driven in our choices and appreciate beauty and design in this way. Are we attuned in an *auditory* way with *sound* being a driving factor. Lets take the time to honour our psychic development this month and expand our unique style! ☺

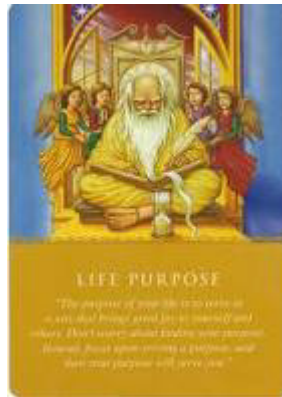
## SOUL LIFE PURPOSE READINGS ½ PRICE NEWSLETTER SPECIAL



This month I have immersed myself in reading ~ books that I have been guided to read after the Passion Test ~

- ♥ "The Highly Intuitive Child" by Catherine Crawford
- ♥ "The Care and Feeding of Indigo Children" by Doreen Virtue
- ♥ "The Indigo Children - Ten Years Later" by Lee Carroll & Jan Tober [which features BOTH Doreen Virtue AND Catherine Crawford {that's how gracefilled guidance works!}]
- ♥ "The Human Aura" by Kuthumi & Djwal Kul

Now, each and every one of these books has a theme... when we attune to our Soul/Life Purpose, we attune to our BEST LIFE. Our relationships improve, our home life is happy, our prosperity flows and our health glows. So this month I am guided to help as many people I possible can by offering Angel Soul/Life Purpose readings for Only \$A20.



I know in my heart of hearts this planet is a peaceful place and the more people align with their Soul Life Purpose, the quicker and easier total peace will be and is.

Om na ma shi va ya ♥

## FOOD OF THE MONTH

:: POMEGRANATE JUICE ::

For those of you still adhering to the idea of a red wine, I CHALLENGE YOU to try the marvel that is organic pomegranate juice. I found a litre bottled in glass in my local Coles supermarket for just over \$6! Wild Organic Pomegranate (no added anything).

Our spirit is always looking out for us; our higher selves; our angels and deceased loved ones and REPETITION is a common way to get our attention. So it is with pomegranates... an ancient biblical fruit revered as the tree of knowledge.

- ♥ EXTREMELY high *antioxidant*
- ♥ works with skin cell vitality by stimulating *keratinocyte* production and promoting the regeneration of the skin's epidermis
- ♥ soothes, hydrates



:: Infinite blessings of BLISS to you and those you love ::

**:: NEW ::**

# **CHAIBLISS WITH A KISS BLOG**

**READ ABOUT PRO FREE SURFER DAVID RASTOVICH  
FROM NATURAL HEALTH AND VEGETARIAN LIFE MAGAZINE ♥**