



♥welcome to **Bliss HEALING** MAY Edition

*Twenty Ten*

Greetings all xox

This month I am thoroughly enjoying the weather and all the stunning elements. Last night's Scorpio full moon was so gorgeous. A feeling of wholeness is palpable. The shadows fully illuminated and the balanced light so healing. The light of the moon on the clouds shows the full spectrum of the rainbow in the night sky.. Brilliant. The themes of GENTLENESS, SACREDNESS & SILENCE reoccur for me. For a good while now, we have been guided to 'stay in the moment'.. and this is showing it's rewards. Each breath and each shimmering leaf has it's own unique power and I am so grateful to enjoy them.

There is a gentle strength in the air now, as the weather shifts and the planet moves into her glory. The light moves gracefully across the ocean and the fresh air is a welcome occurrence in our lungs. I enjoy the play of newness with the 'tried and true'.. and this month we see a few new changes to Bliss HEALING.

I trust this finds you well and content on your path.

Angel Blessings of Infinite Bliss  
Rainbow Butterfly Tara



**IN THIS EDITION: Guidance  
Wholistic Remedies**

**GUIDANCE**

I love a guided life.. It lifts me to a higher place while honouring my connectedness to all things. It is an option to downgrade the themes of the ego, like *separateness, self importance (over others), indecisiveness, worry, confusion, blame, doubt, ill health, competition (over emulation)*. A guided life allows freedom, empowerment, wholistic living, care, happiness, grinning, inspiration, creativity, prosperity, strength, awareness.. A growth of our evolution.

It is now that I am finding I have returned in a cyclic way, back to my Naturopathic beginnings. I have been offered wisdom on so many topics due to my life journey and many guidelines have proved the tests of time & function.

A few staples have an important part in my daily life..

ANGELS, AFFIRMATIONS, APPLES, APPRECIATION, ASKING/ATTRACTION/ALLOWING, ARTISTRY, ARNICA.



## WHOLISTIC REMEDIES

### BENCH SPRAY

Fill spray bottle with filtered water

Set the intention

Add a capful of EUCALYPTUS OIL, a few drops of SAGE essential oil & a ½ capful of organic TEATREE oil.

*other uses*

~ car cleaner with micro fibre cloth

~ mirror/glass cleaner “ “

~ room deodoriser

~ spot stain remover

♥Eucalyptus is fantastic at cutting through grease and oil

♥Sage has 'clearing' properties ~ so the original energetic 'cause' is cleared.

♥Teatree has extra antimicrobial properties



### HEADACHE

Drink extra filtered water (set the intention)

Massage temples (LAVENDER essential oil is very soothing here and can help to physically and psychically RELAX)

Add PEPPERMINT essential oil to occipital lobe (base of the head/neck)

Organic PEPPERMINT TEA also works with digestion which is a common cause of headache.

Extra fresh air, including a good laugh

Angel Therapy ~ Archangel RAPHAEL (for healing) & Archangel MICHAEL (for aura clearing)

♥Often a headache is a good body signal to LISTEN & REST... I recommend any of Doreen Virtue's CD's  
A set of headphones and a comfy place to lie down is invaluable.



### SUNBURN

ROSEHIP OIL ~ soothes down to the level skin is forming

ROSE QUARTZ removes burn (remember for other burn types)



♥LAVENDER essential oil with EMERGENCY ESSENCE/RESCUE REMEDY similar to spritzer for bench spray\*\*

Fill another spray bottle with filtered water

Add a lid of lavender

A few drops of EE/RR

Keep the skin moist with this

PAW PAW/ALOE VERA as a barrier over the mist  
Stay hydrated  
♥LEMON JUICE in water helps the liver remove 'heat' from body

VISUALISE *light blue, soothing light*  
Angel Therapy  
Focus on healthy skin

\*\*Good too, for STINGS, MOZZIE BITES etc



### HEAD LICE PREVENTATIVE & TREATMENT

\*\*♥LAVENDER numbs the bugs and reduces the nit glue making eggs easy to remove and live ones too.  
Calming for both the one with nits, and the one removing them.  
♥EMERGENCY ESSENCE/RESCUE REMEDY hit's the 'reset' button.. To 'before nits' and assists with the emotional causes (*TAKING ON OTHER'S NEGATIVE THOUGHTS... AND ALLOWING THEM TO MANIFEST*)  
♥I always ask ARCHANGEL MICHAEL to clear the aura too at this time.



Check status of nits for emotional correlations  
~ lots of live ones laying eggs = negative thoughts creating more  
~ big eggs or little dehydrated eggs shows actual hydration level of host  
.. Often hydration deters firstly the thoughts that create and the actual preferred conditions for nit life.

### BRUISES

Arnica, Affirmations & Angels !!  
♥ARNICA 200C LIQUID 1 drop every 10 minutes for atleast 30 minutes  
~ can apply directly to bruise/and bath water (non broken skin)\*

♥EUCALYPTUS OIL reduces bruising  
~ can apply directly\* or soak in a bath with a lid full added

### ♥AMETHYST

~ reduces bruising, injuries and swellings  
Wear or place as appropriate. Clusters and geodes can be placed in the environment and single points used for healing. Place the point in towards you to draw in energy and away from you to draw off energy.



♥AFFIRMATIONS ~ Louise Hay : **I love and cherish myself. I am kind and gentle with me. All is well.**

## NEW MOON

♥Oracle reading

~ note: take time to document this reading in a place you can refer back to. This gives an opportunity to fine tune or enhance a theme.

♥Plant something, pick herbs and trim plants to ENHANCE GROWTH

♥Begin study plan.. Finish by FULL MOON so as clear boundaries are set.. Therefore no guilt. Clear FOCUS time and down time.

♥Have a little op shop. RE USE.

♥Good opportunity for new friendship connections/business opportunities.

♥Fresh sheets. (more often than once a month! But on the new moon is a great time to utilise new energy)



A general feel of CEREMONY & NEW CYCLES. Work with the ASTROLOGICAL SIGN of the moon.

## FOOT MASSAGE

One area of the body containing PRESSURE POINTS for the entire body (also the ears and hands)

~ INNER FOOT = the length of the spine

~ BIG TOE = neck, head, pineal gland

“BLOCKED NOSE.. MASSAGE YOUR TOES !” Great for TEETHING, and children instinctively reach for their toes at this age, so encourage this empowering self-treatment.

~ MIDDLE OF THE SOLE = digestive organs (also the inner ear & centre of the hand)

~ TOP, OUTER, UNDER LITTLE TOES = shoulders

~ WRISTS/ANKLES = increases peristalsis.



## DISCUSSIONS WITH CHILDREN

‘What did you dream about last night?’ AND ‘What would you like to dream about tonight?’ *My favourites!*  
... also DAYDREAMS, AND IMAGINE...

♥by chatting with your children casually about their hopes and actual dreams, we encourage them to naturally be open to working with these energies..

## RAINBOW COLOURS/AURAS

♥by utilising the healing power of the rainbow spectrum, we are tapping into that free healing energy. Children naturally draw rainbows and can often see auras.. Connecting colours with feelings and people is a natural gift.

♥I often run through the rainbow spectrum from red, orange upwards with my children (and for myself) By speaking the colours aloud and tuning into the chakras we are imparting healing and calm strength.

## FEELINGS AND FAVOURITES

♥How do they feel? By finding the feeling, we can again, work up the spectrum.

♥Favourites are aligning with our INNER BLISS which makes MANIFESTATION work.

## MULTICULTURAL THEMES

♥Our deepest, inner primal part is MULTICULTURAL.. This thrills our UNIVERSAL SPIRIT.

~ google name meanings and meanings of familiar, heart-based words (LOVE, THANKYOU)

# Amor ธรรม์ ใจ влюбленность 愛 love प्रेम

## PAST LIVES

♥Get comfortable with your ETERNAL SOUL, and that of your child... Past lives are fascinating and can shine through into TALENTS, AFFINITIES, NATIONALITIES, LANGUAGES, CLOTHING etc.

## DECISIONS

♥Angel Signs: feathers, coins, reoccurring themes, song lyrics

Go to a place WITH WATER... rock pools, ocean, river  
Visualise and connect with your feelings

TRUST ~ BREATHE ~ 'BE' IN THE PRESENT MOMENT

Relax and let go, hand it over to a higher source.



## HUMAN 'BEING'NESS

To be an evolved humane being we need to tune into just that.. 'beingness.' All too often we become human 'doings'. Modern Society links us to what 'we do'. We rush around doing this and doing that. This places us in the space of the EGO... the lonely, disconnected part that dispels our spirits and wounds our souls ☹️

Angels are beings of love.. And they are calling for us to be the same.. Angels of Earth !!

Our inner natures are shining forth now like never before... our true passions are obvious at such strong levels that we simply must honour them 😊 By focusing on our beingness we align with the presence of universal wisdom. Try it yourself.. Instead of 'I have to do the dishes', focus on something like 'I am *being* productive NOW'. While multitasking (because we all do that at some point), instead of thinking of 'all those things to do', focus on your breath, the sensations of your skin, and a positive thought pattern... 'I am very able' 'I am being love right now' 'I am thankful for this moment' 'I am creative and content'... the universal laws show that what we think occurs.. So think your best life, beginning now.♥

Homeopathic Remedies give our bodies the wholistic balance that allows the *body, mind and spirit* to simple BE

ChaiBLISS organic caffeine free tea allows the spirit to enjoy the moment (while the taste buds dance)

Manifestation Mobiles are a visual trigger that remind us of the moment when we look at them

Angel Wisdom Guidance and Healings offer a focus on self empowerment.. Life purpose and presence

Let the elements of Nature inspire your creative spirits... find the people that support you and find your zen

