



::thanks::


::for all your lovely feedback and online orders this month::

::blessings::

to **WILD CARE AUSTRALIA**... honouring Australian Wildlife
*::recipients of 3 x homeopathic Arnica **donations** from BlissHEALING::*

::more::

goodies from ChaiBLISS soon
new *sew sew good* designs with organic t-shirts & mobiles
new body care range for *spring*



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COCONUT BODY BLISS

delight all the senses
like floating on a luxuriant chai coconut cloud
apply to skin — let soak in — then relax in a bath
the goodness of organic coconut, oats & chai

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::support sustainable::



check out SUSTAINABLE HOUSE DAY

Sep 12th (Sun) 10~4

ECOVILLAGE

Currumbin Creek

Enjoy a fresh ChaiBLISS & receive a free sample



:: be well ::

Rainbow Butterfly Tara



new recycled business cards

www.chaibliss.com ~ Reiki ~ Aura Healing ~ Angel Intuitive Guidance ~ Deep Tissue Massage ~ Swedish Massage ~ Nutrition ~ Tarot/ Psychic Readings ~ Homeopathy ~ Kinesiology ~ Organic Caffeine- Free Chai BLISS ~ www.madeit.com.au/ChaiBLISS



“WHEN YOU FOLLOW YOUR BLISS...
DOORS WILL OPEN WHERE YOU WOULD NOT HAVE THOUGHT THERE WOULD BE DOORS;
AND WHERE THERE WOULDN'T BE A DOOR FOR ANYONE ELSE”

JOSEPH CAMPBELL

♥welcome to **Bliss HEALING** September Edition
Twenty Ten

The gardens surrounding me are STUNNING! This is always my favourite time of year ☺ The warmth and optimism are gorgeous. With seasonal regularity, I am beginning some new ventures at www.chaibliss.com in the coming months. For those with an adventurous spirit, you may like to check out <http://chaiblisswithakiss.tumblr.com/> ... ☺ I've been playing ♥

Thankyou for so many pre-orders for the ::NEW:: COCONUT BODY BLISS & CHAI COCONUT SALT SCRUB. More info available at <http://www.chaibliss.com/SHOP.html> with a feature in BlissHEALING next month.

Great responses with homeopathics this season too, with increased healing for such things as bumps/bruises; dental work; emotional changes; teething; menstrual balancing; a massive reduction in flu incidents and symptoms; sore throats; headaches; tummy aches; arthritis; coughs; asthma; treatment after accidents/operations; sore toe...

... and a big CELEBRATION to all those utilising ChaiBLISS to finally kick the caffeine!!! Well done & angel blessings to you... your adrenal glands, liver, kidneys, bank balance and whole life will benefit x0x.



**IN THIS EDITION: ANGEL GUIDANCE BOARD READING
THE PASSION TEST
EAR CANDLES
NUTMEG**

ANGEL GUIDANCE BOARD READING SEPTEMBER

HEALTH ~ ARCHANGEL RAPHAEL



MIRACLE!

The text of 'A Course In Miracles' states that our mind can only choose love **or** fear at any given moment. This message from Archangel Raphael gently reminds us that '**love is the answer**' (to any and every question)... and for us to 'expect a miracle' because **miracles occur naturally as expressions of love.**

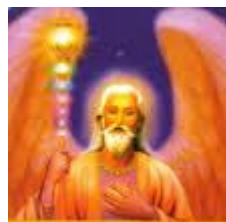
SPIRITUAL PATH ~ ARCHANGEL URIEL



NATURE

A literal path indeed. ☺ This month our *emotional strength* is to be found as we connect our spiritual path with the **natural realm**. Honour the moon and the cycles. Celebrate the changing seasons. Rejoice in the signs nature is offering you and enjoy making the correlations to your spiritual life.

PSYCHIC DEVELOPMENT ~ ARCHANGELS HANIEL & RAZIEL



IDEAS & INSIGHTS

Clear your mind often, declutter your space and be receptive to '**loving thoughts**'. Begin a fresh journal and affirm

"MY THOUGHTS ARE FILLED WITH LOVE AND JOY"

"MY LIFE IS CONSTANTLY CREATIVE AND EVOLVING"

"I AM ONE WITH THE FLOW OF ALL OF LIFE"

Take **notes** of your ideas (I've found that a good book is very inspiring and have taken to jotting down positive affirmations on my library reminder docket ☺)

HOME ~ ARCHANGEL JOPHIEL
SURRENDER & RELEASE



Let us affirm *together*... "I AM ALWAYS IN THE RIGHT PLACE AT THE RIGHT TIME." No more 'maybe's, should have's or would have's' ☺ Our soul **knows** where to be AT ALL TIMES. **Relax**, release the doubts and surrender to your *highest good*. Be open to receiving insights about what is no longer needed regarding home life, be it *possessions or attitudes*. "ALL IS WELL IN MY WORLD"

ROMANCE ~ ROMANCE ANGELS



MARRIAGE

The Romance Angels **love** the change in seasons. Our thoughts are *open to change* & EXPANSIVE to new ideas. This month, they are offering a little 'project' of sorts. The theme = marriage. What does it mean to you? Are you a believer? Do you appreciate your marriage? Now, with a discerning heart, really look at these beliefs... with the angels help now, find a **positive affirmation** to correlate with every thought pattern. [a funny expose on marriage throughout history and with a multi-cultural view is 'Committed' by 'Eat, Pray, Love' author, Elizabeth Gilbert.]

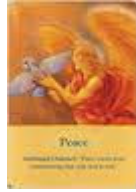
MONEY ~ ARCHANGEL ARIEL



ASK FOR MORE!

Archangel Ariel has her hands on her hips! She wants to know if you are *receiving* 'all you are worth'. Time to **ask for more** she recommends. Make a list of things you would like to receive in life. (a bath to experience luscious relaxation therapy) (a bicycle for eco-travel and all round enhanced fitness) Be clear! Be open to receiving... and ACCEPT ~ this or something better ☺. Enjoy your heart's desires.

CAREER ~ ARCHANGEL CHAMUEL



RESIGN

It seems too many are still working at/for something they don't believe in... 'resigning' yourself to some job or employment. Allow Archangel Chamuel to *align you fully* with **your truest passions**. LET YOURSELF LIVE YOUR BEST LIFE NOW. Angels are everywhere... just ask ♥

LIFE PURPOSE ~ ARCHANGEL MICHAEL



WRITE/JOURNALIST

The written word is a magical gift. We can write about most everything... and then *re-read* it at a later time, re-stirring and re-opening that heart and the original inspiration. What are some of your favoured words. Consider what they mean to you and how they could be **displayed** in your home or life in general. GET CREATIVE ☺ ♥

CHILDREN ~ ARCHANGELS GABRIELLE AND METATRON



INDIGO, CRYSTAL & RAINBOW CHILDREN

How would you describe the children in your life? What was your favourite colour as a child? Indigo Children bring their own sensibility to the meaning 'growing up'.. (they do it *their way!*) Crystal Children are highly **clear** beings. Organic, plant-based foods & **integrity** for these youngsters at all times. Rainbow Children ooze **divinity**. They are EVOLUTION in our present time. More love, less fear with these infants. Purity and faith are the rainbow way.

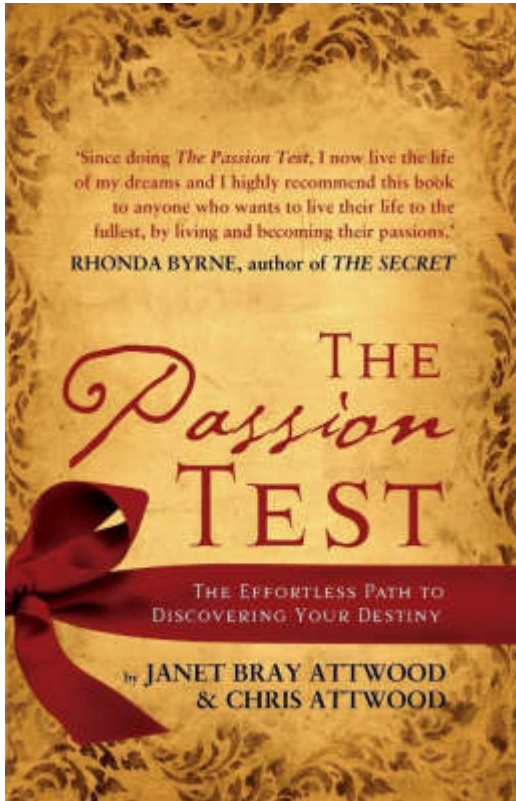
FAMILY AND FRIENDS ~ ARCHANGEL RAGUEL



LOVE

Our families and friends *reflect* back to us what we choose and prefer in our lives. An aggressively passionate friend into yoga may remind us why we like peace and the spontaneity of dance. An overbearing chronic worrier may enforce our truest faith and beliefs of *calm*. Whatever the reflection, **LOVE YOURSELF!!** This is the paramount message of this universe. (... and when you do catch an *actual* reflection of your self, be sure to respond with *loving thoughts*)
☺ ♥

THE PASSION TEST



Yes! A big present to open at your leisure.. Welcoming us all to the present moment.. And the life we can live when we follow *our passions*.

Aha moments abound in this explorative journey of our 'best lives'.

“The number one reason people don’t get what they want is that they don’t *know* what they want.”

Clarity is critical to success. Clarity = power. Finding our UNIQUE GIFT allows us to move in this exact direction. To feel purposeful.

(intro) from Bill LeVacy

INTENTION ~ Consciously stating *what you choose* to create in your life is the 1ST STEP to MANIFESTING it.

ATTENTION ~ Give *attention* to what you choose to create in your life, and it will begin to show up.

NO TENSION ~ When you are *open* to what is appearing in *this* moment, you allow love's will to move through you. When you hold tightly to your concepts of 'how things *should* be', you shut off the flow of life, which in turn prevents you from *enjoying* the fulfilment of living your DESTINY.

PERSONAL DESTINY

We all have unique gifts because we have a special role to play in the world that requires *giving* those gifts. When *playing* that role, we are *living* our personal destiny. Life is then joyful, productive and exciting.

PASSION = LOVE = LIGHT

“Passion and love are inextricably intertwined because they both arise from the **heart**. When you follow your passions, you will **love** your life.”

Neuroscientists Andrew Newberg and Mark Waldman extensively studied the relationships between *what we believe* and *what we create* in the world (they co-authored *Born to Believe* which sounds good, I'll have to look that one up too)

So, they discovered that the brain is very **happy** when we **focus on what we love**. This in turn reduces the volume of the parts of the limbic system where fear, anger, depression and anxiety are controlled. This allows us to *think more clearly*. The more we focus on what we love (our passions) the more calm inducing hormones are released too.

“You can have a decrease in negative emotions **and** an increase in positive emotions when you align yourself with what *you believe* is most important to *you*.”

By finding our passions, and *honouring them*, we find ourselves on our life long path of destiny.

Pg 11, The Passion Test

“Passion is a very personal experience. When you begin to do what you love, what you are truly passionate about, your life will be irresistibly pulled in directions you can't even begin to imagine.”

With the Passion Test we can learn to *shift our focus* from 'how' to 'what'. Instead of focussing on 'how' (remembering that what we give ATTENTION to begins to show up). How will I find the \$?; the time; learn this skill etc. We focus upon 'what' we are *passionate* about; prosperity; relaxation; knowledge.

“What you put your attention on grows stronger in life.”

The neuroscientists reported that the actual pathways or neural synapses within the brain grow stronger when we focus on something. So by literally focussing on our PASSIONS, this brings them into potent attention and we create them naturally. A scientific fact.

“Happiness radiates like the fragrance from a flower and draws all good things toward me.”

“The person born with a talent they are meant to use will find their greatest happiness in using it.”
Johann Wolfgang von Goethe

“THIS OR SOMETHING BETTER”

Mistake = mis-take ... therefore always a chance to re-do.

APPRECIATION GAME

Write out 10 things you appreciate about yourself; what you accomplished; wins that showed up (NO REPEATS)

Aim/practice: giving attention to what you do right; your wins; to the things you do well.

7 KEYS TO LIVING LIFE ALIGNED WITH PASSION

1. COMMITMENT ~ There is nothing more important to creating my passionate life than my unshakable *commitment* to choosing in favour of my passions.
2. CLARITY ~ When I am clear, what I want will show up in my life, and only to the extent that I am clear.
3. ATTENTION ~ What I put my attention on grows stronger in my life.
4. STAY OPEN ~ My greatest good may not be what I think it is . Being open allows love in fully.
5. INTEGRITY ~ Be as true to myself as I am to others and as true to others as I am to myself... Make COMMITMENTS aligned with my passions.
6. PERSISTENCE ~ When I'm living my life truly aligned with my passions, persistence is easy.
7. FOLLOW MY HEART ~ Passion emerges from the heart. Do what I love and the path of fulfilment naturally unfolds.

“When I’m aligned with my deepest, most important passion, the ups & downs of daily life won’t be able to throw me off track!”

“When I follow the path of my passions I will find support coming from places I could never have imagined.”

“Money always shows up when it is needed.”

Pg 111

“Living life aligned with your passions, your personal destiny unfolds naturally and effortlessly. ... When that happens, life becomes an **expanding field of joy, happiness and fulfilment**, along with all the same inconveniences, challenges, obstacles and discomforts everyone experiences. The difference is, on the path of passion, those things just don’t have much significance.”

Pg 121

“When you realise that EVERY SINGLE THING you experience in life has SOME BENEFIT TO OFFER you, you’ll discover that there is no longer anything to fight against or to be defensive about.”

When we feel open, connected, loving, generous and kind we are in an EXPANSION phase. Nature has a perfect guidance system and honours cycles. Often we find our selves in a cycle of CONTRACTION. This indicates a time to rest, reflect and reassess. The feelings of irritability, anxiousness, depression and disconnection are a sign to honour a new direction. By staying OPEN, Nature shows us new opportunities/ideas.

“When I feel truly passionate about something, I will always have the ability to create it in my life ♥”

Dr Haglin

1. The core nature of life is to progress and evolve toward fulfilment.
2. When we’re progressing and evolving, we experience joy, energy, vitality and health.
3. Activities through which we grow, through which we expand in knowledge, power, fulfilment ~ that type of activity brings joy.
4. When we’re passionate about something, it’s because it brings us joy, because that activity is a path of evolution and expansion for us.
5. If you’re not passionate about an activity, that activity isn’t bringing you growth and expansion.
6. Passion is born of success and the progress that comes with success.
7. Pursuit of passion is so basic to life that if you’re not pursuing your passions, you’re not going to be happy for long and you’re not going to be able to sustain that direction for very long.
8. You have control over what might become a passion for you, within the constraints of your core predispositions and genetic makeup. You can culture an interest for something, or develop a talent in an area, which allows you to succeed in that area, and that area will become more of a passion.
9. The greatest human freedom is the FREEDOM over what YOU GIVE YOUR ATTENTION TO. That area will become more central, more important to your life.
10. Your deepest sense of responsibility can cause you to nurture and build a whole new passion.
11. The material universe is built on the non-material quantum-mechanical world of abstract intelligence that underlies it.
12. There is no limit to human potential and no limit to what we can effortlessly achieve. The secret is to align human intelligence with the vast, organising intelligence of nature.

13. By aligning our desires with the natural evolutionary flow of universal intelligence, any impulse of thought can meet with tremendous success. Aligning individual intelligence with nature's intelligence is what is called ENLIGHTENMENT.

EAR CANDLES



Here is something **I love**.

From personal experience, the effects of ear candling are PROFOUND.

We have just 'done' our ears after the full moon (which enhances 'taking away/clearing energy')

I first noted the REMARKABLE benefits when my middle son was in pre-school. He had an endearing way of writing his name *completely* backwards. After his VERY FIRST ear candle experience, the next week he received an award at school for writing his name correctly! He was impressed!

Since then, I have been on the lookout for other beneficial 'side-effects' of this ancient practice.

The most noted effect energetically is one of CALMNESS and something akin to a 'reset'. Ear candling induces deep thorough AURA CLEANSING as the fire burns off unwanted residues within the etheric and emotional auric bodies (the closest ones to the body)

Physical benefits include:

- ~ headache relief (especially debilitating recurring migraines)
- ~ clear sinus passages... the ears and the sinuses are linked (I like to do some gentle massage/acupressure along these pathways to stimulate thorough clearing during the candle process which produces a great response from the recipients ☺) Sinuses represent our 'spirituality' so this is a wholistic clearing/reconnection.
- ~ sore throats and low grade fevers can also be treated with ear candle treatment. (I also use Pulsatilla and Ferrum Phos homeopathically)

... it is lovely and complementary to tune into the healing frequencies of Reiki during treatment.

Ear candles remove deep ear canal sediment. Regular treatments strengthen the ear ways, hearing and breathing.

I would recommend regular ear candle therapy to reduce asthmatic conditions as well.

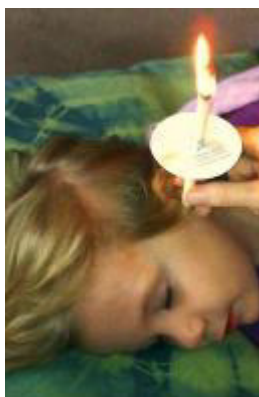
Other conditions ear candles treat include:

- ~ stress/depression/anxiety
- ~ blood pressure balancing
- ~ arthritis
- ~ behavioural conditions (OCD, ADHD)

In Traditional Chinese medicine the ear is a reflex copy of the whole body, like the feet and hands. Utilising ear candling therefore tonifies the whole body via association. The stomach area is represented by the inner ear, so the

whole process of digestion is enhanced with ear candling.

Treatment is most beneficial every few months, depending on the individual.



NUTMEG

Myristica fragrans



Nutmeg is an evergreen tropical tree native to the Moluccas growing from 7.5 - 15 metres tall. It produces a peach like fleshy fruit, a red membrane (mace) and a hard seed (nutmeg).

In Victorian England nutmeg powder was used as a flavouring for milk products and custards especially for convalescents. It was reputed to be a tonic and gentle stimulant to help people get back on their feet. It was also used as a digestive tonic and alleviated flatulence (*carminative*).

Nutmeg's spicy scent Myristicin is valued for its uplifting effects particularly in cases of stress. It also has known benefits regarding the reduction of muscular aches/pains and arthritis as it has a warming effect. Studies have also shown active ingredient, Myristicin, to improve memory by activating brain enzymes. Constituents of nutmeg are Alpha-pinene (*mild antiseptic*) and Terpinen-4-ol (*antibacterial*) and noted against tooth decay.

Nutmeg can also gently stimulate the appetite (*orexygenic*) and balance digestion (*gastric secretory stimulant*).

Other actions:

ANTI-EMETIC ~ counteracts nausea and relieves vomiting

SPASMOLYTIC ~ reduces spasms

STRONG ANTI-OXIDANT ~ removes toxins and keeps the body clear of free radicals

In Traditional Chinese Medicine it's actions warm the middle burner; warms the spleen; restrains leakage from the intestines; moves Qi/chi and alleviates pain.

In herbal medicine Nutmeg is recommended for kidney problems, diarrhea, colic and balancing blood pressure.

One of the 100% organic caffeine-free active ingredients in ChaiBLISS.

