



♥welcome to **Bliss HEALING** July Edition 2010

The 'returning of the light' ... winter solstice southern hemisphere (TONIGHT)... with a full moon/lunar eclipse on Saturday 26th June in Capricorn... both events occurring at approx 9.30 pm. In Traditional Chinese Medicine this time slot is ruled by the Gall Bladder, the 'decision maker'... so, energetically, a chance for us all to really *decide* to **be in the light here and now upon the Earth** ♥ Stunning !!



This is the first of two lunar eclipse events in 2010.. The next one will be a full lunar eclipse on December 21... More Solstice energy!

In this Edition: Food of the month ~ Quinoa
Archangel Raphael
Crystal Bible 2/Chakra Information *
Angel Guidance Board Reading for the month *NEW*
Musings
Ingredient Information ~ Fennel

FOOD OF THE MONTH ~ QUINOA

Known to the Ancient Incas as the 'Mother Grain'
Very high in protein
More calcium than milk.
Good quantities of iron, phosphorous, B vitamins and Vitamin E (all nutritive and 'building')
Gluten free
Alkalisng

A truly 'building' nurturing and so so TASTY food, sweet or savoury, hot or cold.



This is available ORGANIC nationally through Macro brand in Woolworths... and your favourite health food shop.

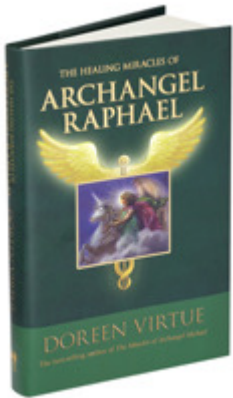


ARCHANGEL RAPHAEL

From Doreen Virtue's "The Healing Miracles of Archangel Raphael" Hay House 2010

'Studies show that all forms and denominations of prayers have measurable healing effects. Your prayers can lead to miraculous results! And there's evidence that the greater the number of people who pray, the more powerful and faster the healing effects.

When you hear about anyone whose health is compromised, the best way to help is through prayer & guided action. Worry never helped anyone but prayer always does.'



In Doreen's newest book, read other's fantastic experiences with the Archangel Raphael. Reignite your personal relationship with this compassionate and powerful Archangel... simply ASK! For all your healing requirements, 24/7, the Archangel Raphael is there for you!! The Archangel of HEALING, TRAVEL and MATCHMAKING!! The colour ray of Archangel Raphael is bright emerald light... by wearing this colour you also invoke his healing energy... he often recommends sleeping in this colour. You can ofcourse ask Archangel Raphael to assist your loved ones (pets especially)... as he is a spiritual being of light, he is not constrained to time or space and can therefore be at all places at once! His name translates to 'Love Heals'. Forming a personal relationship with this loving Archangel is definitely a great life choice ♥

MESSAGE FROM ARCHANGEL RAPHAEL

To you all a warm hug
To you all a warm heart
I hear your cries for health and harmony
I am aligning you NOW with your highest good and best possible future
I care for the health of all beings

I will gladly accommodate your prayers for healing and love
Allowing me into your life shall help you adjust to the new vibrations of the universe
'Conventional' medicines will cease to be effective as the vibrations of the universe shift and change
Deep down you know that you are HEALED, WHOLE AND FULL OF LOVE
This is our next journey together.. With the natural healing remedies of the Earth.. And with our open hearts, we are
finding a new peace..
A new strength
And a new sense of caring.

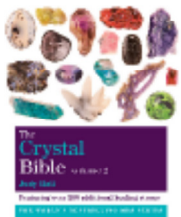
Together we are healing...
Communities, families, forests and oceans...

This planet is the 'heaven on earth' planet
Your light is strong, powerful and RELEVANT
Your light bodies and physical body align perfectly NOW with grace
All your soul knowledge is accessible to you NOW
You are light and you are love

Welcome to your perfect health in all ways
Welcome to your ease and grace in all things
Enjoy your smile
Enjoy each other
Love is YOU



CRYSTAL BIBLE 2 ~ CHAKRA INFORMATION



I was recently guided to re-read some of my own personal 'angel wisdom writings'. A sign-off note said 'Give yourself a big hug'. I thought this sweet and a reminder to put love into my own life.

Then, I was shown the **CRYSTAL BIBLE VOLUME 2** and I began to join the dots. Judy Hall describes where to place crystals on the body for healing and mentions both the 'LIVER CHAKRA' and 'SPLEEN CHAKRA'.

She writes that placing a protection stone *about a hand's breadth under your left armpit* for the SPLEEN CHAKRA can cut off energy vampirism. Signs would include an ache beneath the left armpit or feeling tired in someone's company or when they phone.

The same protection exercise can be beneficial to protect and remove other people's anger by working with the LIVER CHAKRA (*under the right armpit*) and the solar plexus.

So, by 'giving yourself a big hug', utilising Reiki, crystals and discernment, we can find emotional nourishment.

It reminds me of little children when they fold their arms high across their chest when upset or being told off. They are instinctively shielding their chakras & blocking other's negativity. It is especially warming, too in these cooler days.



Gaspeite

***NEW* ANGEL GUIDANCE BOARD READING**

Continuing with my passion for Guidance... my latest guidance is to offer BlissHEALING readers an ANGEL GUIDANCE BOARD reading for the month.



The Angel Guidance Board is divided into segments, each with a topic relevant to our daily life, overseen by the Archangels. It is a lovely way to connect with our loving guides and to stay on track with our Soul's Purpose. Here goes...

::For the month of July 2010::

LIFE PURPOSE ~ ARCHANGEL MICHAEL HEALER

☺ an overlap of information here... it seems Archangel Michael and Archangel Raphael really *do* work well together. This indicates that our Life Purpose this month is to promote the natural healer within... to call upon Archangel Raphael, the angelic healer... and to be a healer for others. As this is a powerful half way point of the year, healing often becomes relevant on differing levels. Let your heart be your guide ♥

CAREER ~ ARCHANGEL CHAMUEL SELF-EMPLOYMENT

Archangel Chamuel reminds us that our career path and our life purpose may differ... it is, however our soul that chooses our Life Purpose, while our free will chooses our job choices.. It is best when our soul chooses both! This month Archangel Chamuel guides us to find our 'self' through employment... 'what is it that makes our heart sing?' ... and can we find a way to bring this into our 'working life'... our heart is the great balancer of our time... finding our truest passions allows an avenue for true prosperity and creativity... let fun in too ♥

MONEY ~ ARCHANGEL ARIEL ASK FOR MORE

☺ Gotta love this Archangel! It seems we are simply just not asking for enough! The angels are always reminding us to ASK them for assistance... this is the only prerequisite for their help, asking. Archangel Ariel is showing that we can ask for a larger amount too. That we need to expand now to allow our greatest good through. Sometimes things come to us for free, and other times, it is the energy of 'money' that is the driving factor, the relevant energy. By asking for more money, we are able to fulfil those heart dreams of our true life purpose.. Win win ♥

ROMANCE ~ THE ROMANCE ANGELS ROMANCE

☺ This is such a very popular topic... It looks like the Romance Angels are helping us with the very essence of 'romance' itself! By bringing more romance into our own lives, we are bringing more romance to the whole world, they say. By treating ourselves, and honouring this special energy, we are raising the vibrations of the planet very quickly. The past few decades has shown a steep decline in the energy and truth of romance. The Romance Angels work with the energy of fun and playfulness and they remind us that 'another person is not the source of this energy'.. although it is the best fun ever when we can enjoy it together! The source of this and all energy is LOVE. Finding love is a gift that we are all rekindling... ♥

HOME ~ ARCHANGEL JOPHIEL

SAVINGS

Archangel Jophiel is showing that savings is her guidance for the 'home' energy this coming month. Like attracts like, so by saving and storing some of the energy we prefer, we will enhance and honour the energy of our homes. Stocking the pantry, continuing with that savings account, and finding 'sales' at the shops will be her guidance this month.

PSYCHIC DEVELOPMENT ~ ARCHANGELS RAZIEL & HANIEL

TRUST

The energy of trust stems from an acceptance~of~truth~via~love, the Archangels say. It is of the utmost importance to resonate from a space of love... from here all else follows, they continue. In times of change, trust and faith (in love) go hand in hand. At times when we cannot quite see the next step, it is trust that will get us there. Trust envelops us with *confidence, liberation & commitment*... breathe it in ♥

SPIRITUAL PATH ~ ARCHANGEL URIEL

JOURNAL & WRITE

The guidance for the next month is flowing through our writing says Archangel Uriel.. Words hold ancient and also unlocked wisdoms and meanings. (see end of BlissHEALING for an example) By allowing our personal spirit free through words, we are alighting our light bodies and connecting to the whole Universe. Often our journeys are deeply private and relevant only to us.. By journaling, we can allow these expressions freedom and purpose... Writing is often poetic, and the angels love to use rhyme in their wisdoms ♥

HEALTH ~ ARCHANGEL RAPHAEL

HEALER

♥ Another confirmation of the healer within.. For all those budding light workers, by focusing and visualising the colour of emerald green light over a situation, this also imbues Archangel Raphael's healing energy. Archangel Raphael says that he is connecting us with our own inner healer now, and that other healers will also show up in our lives this coming month. He also says that he loves to send 'signs' to show you are on the right path... *rays of light, feathers, words, recurring songs/lyrics, the colour green*...he also has a wonderful sense of humour ♥

FAMILY & FRIENDS ~ ARCHANGEL RAGUEL

HONESTY

Hi, I am Archangel Raguel, I am the Archangel who oversees peaceful relationships... this month we are working with the theme of HONESTY. This originates from the heart (noticing the theme ☺) and it always begins on a personal level... *being honest with yourself allows you to be honest with others, and allows too, honest people into your circle.* This month, with our hearts, and our healing ray of green, we will work together (sometimes through your dreams, your writing, or from communications) to open our hearts to the vibration of HONESTY.. It is an ongoing journey, and one that brings fantastic rewards.. A crystal clear heart can tolerate only the highest truth.. And this is what we have planned for YOU!!

CHILDREN ~ ARCHANGELS GABRIEL & METATRON

ANGELS

As we are all children of love in truth, this reading section is for all of us. For our actual children, it is such a gift to teach them about the angels.. I always remind my children to take their 'angel backpacks' with them, so that they feel and connect with their angels every day! For children to begin consciously connecting with their angels is divine x0x They may show you pictures they have drawn of their angels, or chat with you about the colours they see or the angels they meet.. There are many angels in playgrounds, they love the playfulness and the fresh air and are always nearby to help. Call upon Archangel Metatron for *time and organisational* assistance and Archangel Gabriel for *communication* assistance (she often is their bedtime 'tuck-in' angel and knows your children very well)



Stay tuned to BlissHEALING for your monthly ANGEL GUIDANCE BOARD READINGS ©



I am happy to announce that you may request your own **personal** monthly ANGEL GUIDANCE BOARD READINGS too... only \$10

MUSINGS

One of my favourite things...

... last year my boys went for a bushwalk near our home... it was around Mother's Day. My middle son, Tribe, came back very excited.. 'Mum, Mum!! I FOUND SOMETHING!' He told me to close my eyes and open my hands (of course ☺) upon which he placed a massive faceted sun catcher crystal ♥



After hugs and discussions like, 'I think it's from the angels Mum, coz you're such a good Mum', it is now cleaned up and restrung. I asked for guidance as to where it could best be placed... and now it happily resides indoors, hanging from the large window at the foot of my bed. As the winter sun rises, it shines upon this stunning find and together they cast masses of gorgeous rainbows on my bedroom wall.



A treasure ~ A creative project ~ Angel Guidance ~ Angel Blessings ~ Recurring healing, happiness & gratitude

::Glass **CHAKRA COLOURED** 'LOVE LIGHT' Suncatchers will be soon available in the ChaiBLISS SHOP::



Invigorating :: reassuring :: calming :: simple :: stunning :: LIGHT

INGREDIENT INFORMATION ~ FENNEL

Foeniculum vulgare



I get many comments regarding the *flavour* of ChaiBLISS. From a herbalist's perspective, I also like to include the *medicinal qualities* of the ingredients, for they are all there for a purpose as well as flavour.

Some comment on the 'liquorice' flavour and are surprised to find out that there is none in the blend at all. A lot of this flavour comes from FENNEL SEED whose health benefits are recorded throughout history.

Here's a good one: From www.herbsarespecial.com.au...

Hildegard of Bingen, a herbal writer of the 12th Century, said fennel was a herb for strengthening the eyes, brain, hearing & heart,... and that eating fennel made one happy.

Fennel has also been called the 'pearl of aphrodisiacs!'

The inclusion in ChaiBLISS is because fennel seeds

- ♥ increase gastric secretions (which has a beneficial action on digestion)
- ♥ helps to regulate intestinal flora
- ♥ removes cramps, bloating, gas, hiccups, nausea, indigestion, vomiting, diarrhea or constipation (a balancing effect)*

It increases peristalsis (movement) of the stomach

- ♥ reduces anaemia & lethargy... also depression, giddiness or frenzy

Fennel seed's action is

- ♥ ANTI-SPASMODIC/CARMINATIVE (makes the tummy feel calm and toned)
- ♥ AROMATIC (stimulates our oldest sense... smell)
- ♥ BALANCING (on many levels* also in temperature ie. If feeling hot, cools one down/ feeling cold, warms one up)
- ♥ EXPECTORANT (clears lungs)
- ♥ GALACTAGOGUE (stimulates bile production)/STIMULATES METABOLISM (known as the 'slimming herb'), DISSOLVES FAT DEPOSITS IN THE BODY (Fennel Seeds also help the liver and pancreas metabolise fats and sugars **AND** reduce sugar cravings)

Also, (yes, there's more) good for reducing COUGHING & HOARSENESS

- ♥ EXPELS MUCUS BUILD UP (so removes symptoms of colds/allergies)

AND

Also increases & improves milk quality, so great for lactating women

Fennel Seed's GALACTAGOGUE action which stimulates bile production assists with all the DIGESTIVE conditions listed. As the Gall Bladder & Liver work so closely, this 'galactagogue' action is also the reason that Fennel Seeds assist in EYE HEALTH. In Traditional Chinese Medicine, the window for the *liver meridian* is in fact, the eyes.

Fennel Seeds also work with the *bladder & kidneys*, removing infections and removing the incidents of bedwetting

(a tonic effect)

Other listed beneficial uses

- ♥ recovery from *stroke*
- ♥ relieve *period pain & morning sickness*
- ♥ sore throats/hoarseness/sinus
- ♥ bronchitis/emphysema/shortness of breath
- ♥ gout/rheumatism/aching joints/sciatica
- ♥ helpful to ease/remove *nervous disorders/headaches/migraines*
- ♥ reproductive tonic for testes & ovaries

A wholistic, flavourful & health-giving addition to ChaiBLISS

::The time spent in quiet reflection with a mug of ChaiBLISS could be just the healing needed for any age::



SHIFTING ADDICTIONS

Over recent years we have been guided to 'speak act & think positively'. This has lifted our ENERGY VIBRATION to a wonderful place.

A few 'energy patterns' have slipped through because the energy behind it was from a 'feel good' basis. For example: this cheese TASTES good, now. This red wine makes me FEEL relaxed.

However, some of these actual acts are simply not of that higher clearer vibration. This is where we are 'up to' now. Releasing these addictive patterns with the truth. By *naming* these feelings and really listening to what they are telling us, we will *quickly* adapt to the more healthful alternatives.

The 1990's book phenomenon, 'Celestine Prophecy' is an educational, experiential guide to these truths.



WORD PLAY

Deserve >> 'di-serve'

= DIVINE SERVICE

" I WELCOME THIS NOW WITH GRACE.. I DESERVE THIS.. IT IS PART OF MY WHOLISTIC DIVINE SERVICE"

Next month: Get ready to re-enter the Medicine Wheel
And EAR CANDLE info