

♥ welcome to Bliss HEALING ♥

July Twenty eleven Edition



Partial Solar Eclipse 6:39pm
New Moon in Cancer 6:55pm
Friday July 1, 2011

A time to focus on home, home cooking, your 'space' in the world (and what it represents).
A lovely time to bless and honour the oceans (think Dr Emoto).
Tend to your 'spiritual home'... find that inner well of infinite spirit within ♥

In this Edition: Relationship with Light
Chlorophyll
Angel Guidance Reading
ChaiBLISS Healing

RELATIONSHIP WITH LIGHT



Here is the situation.

On this planet NOW, we are receiving and transmitting more light than ever before. This is akin to electrical impulses streaming throughout our nervous systems.. all linking one another with light to the Divine Truth and their Divine Calling. In this moment, now, breathe in, and relish in the absolute honour that breath has to offer! It is a truly sacred gift, given only to those living on this planet, now.

Your light and your breath are in direct relationship. What is your relationship to light? Do you shun it in it's natural form, sunlight, by donning sunglasses and blocking the full spectrum designed for our evolution? Do you adhere to the 'new black' and find fashion comes before 'common sense' and intuition? Do you have a favourite colour that you never wear because it is too bright or too 'out there'?

Your relationship to light and your relationship to breath correlate to your relationship to the Divine, to Spirit, to your SOUL.

Hiding under a guise of darkness is dishonouring your TRUE SELF. So, how do you better your relationship with light, and what is light really?

Light is the transmuting energy of LOVE in physical form! Love is Divine Truth and Light made manifest. We are all made of Love and Light. Our cells communicate through Light, our Trees share their auras which are made of Light.

We are all connected with this magnificence.

As we are evolving at a higher rate now, it is time for us to educate ourselves about how we can fully incorporate the benefits of Light into our everyday existence, consciously. We are multidimensional beings, consisting of many

auric fields, chakras, nadis and neurons. Each of these is a pathway, a conduit of Divine Love (Divine Light).
Light = Love and Love = Light.

By celebrating our natural rhythms of sunlight, starlight and moon glow, we are honouring the sacred rhythms of the Universe. This keeps us in harmony with All That Is, and our lives flow and attract with ease and Grace... life is a wonderful dance.

Open yourself to the Divine Light within you. Every morning, really connect with your Inner Light. Celebrate this and you will begin to notice it in other's before all else. This celebration will bring your focus to the Divinity within All. Your own personal light will increase as you focus upon it and this will increase your ability to love and to celebrate love all around you. We are Divine Beings experiencing this physical realm now. THIS is to be celebrated! We are transmuting through our physical bodies, all things, to their original state of Light and Love... what a glorious adventure!

Make your mind aware of it's pure potential. Let yourself explore this reality and really grow with it. All Light is Love and this is your Truth. Your Light is your gift to the world.. and we know that the more we give, the more we receive.. such a Divine Design.

Call upon us, your Guardian Angels of Light and Love to give you Divine Assignments... opportunities to express your True Light. As the Humane evolve, this planet is transformed and enhanced in infinite ways. This is a delight to witness. Your Light is your legacy.. share it, send it, receive it.. ENJOY it.



With One Love
& Peace sent directly to you and those you love
In Truth, your Loving Angels.



:: become aligned with the cycles of the moon:: get outside and enjoy some starlight:: wake up with the sun::

CHLOROPHYLL

Chlorophyll contains the same molecular structure as haemoglobin except for the centre atom. In haemoglobin this centre atom is IRON, while in Chlorophyll the centre atom is MAGNESIUM. As our blood is about 75% haemoglobin, by ingesting Chlorophyll we are replenishing our red blood cells, increasing energy production and circulation ability. There is a direct relation to increased oxygen within the blood too.

Known health benefits of Chlorophyll include cleansing the body, clearing infections, increased wound healing, increased health of the circulatory, digestive, immune and detoxification systems. Chlorophyll also reduces the binding of carcinogens to the DNA of the liver and other organs. It also breaks down excessive Calcium deposits which are a product of excess acidity.

Contains vitamin K, C, folic acid, iron, calcium, protein.

As mentioned above by the Angels, we are receiving much more light on this planet now. To help receive and assimilate this light into our bodies (prana), the breath is mentioned. Another physical way we can harness this light to increase our energy and our natural replenishing systems is to become more like plants! That's right, by looking at plants and their amazing photosynthesis we can attract, assimilate and utilise light within our physical bodies. Many of us are already guided to include more plant based foods in our daily diet. Green leafy veg contain the highest amounts of natural chlorophyll. By adding all this wonderful, blood building goodness to our lives, we are also becoming light receptors! Fresh sprouts are live foods, and have the added bonus of all those extra enzymes. Dining outside whenever possible, in gentle sunlight is also another way to heighten your photosynthesis experience. How wonderful does a picnic make you feel, the fresh air, the sunlight... all playing a part in our ability to receive Light and Love.

As well as choosing green foods, there are some wonderful organic supplements available. The one I am drawn to most is Vital Greens. My family and I have been taking this for years. However, we do find that our body 'catches up' and self regulates. In these times we instinctively simply stop taking it. As our bodies become more fine tuned to the levels in our systems, and our diets are including more and more organic, leafy greens, the supplement becomes less a part of our routine.



Listed below are the ingredients of Australian Made, VITAL GREENS, a phyto-nutrient superfood:
 Ingredients marked with an * contain Chlorophyll.

GREENS, VEGETABLES AND HIGH NUTRIENT FRUITS	ADDITIONAL ESSENTIAL VITAMINS & MINERALS	DIGESTIVE NUTRIENTS, ENZYMES, PREBIOTICS AND PROBIOTICS
<p>Spirulina* Organic Apple Powder Chlorella Powder* Organic Alfalfa Powder* Organic Wheatgrass Powder* Organic Barley Leaf Powder* Acerola Fruit Extract Carica Papaya Powder Broccoli Powder* Pineapple Fruit Juice Extract Bilberry Fresh Fruit Extract Rosehip Fruit Extract Red Beet Powder Carrot Root Powder Spinach Leaf Powder* Licorice Root Powder Wolfberry (Goji) Fruit Extract Hawthorne Fruit Extract Kelp Whole Plant Powder*</p> <p style="text-align: center;">ANTI-OXIDANT AND IMMUNE SUPPORT</p> <p>Citric Acid R, Alpha Lipoic Acid Astragalus Root Extract Grapeseed Extract Green Tea Extract* Cocoa Bean Polyphenol Extract Rosemary Leaf Extract* Reishi Mushroom Powder Shitake Mushroom Powder Resveratrol Beta Glucans</p>	<p>Citrus Bioflavenoid Extract Ascorbic Acid (Vitamin C) Calcium Citrate Potassium Phosphate Magnesium Citrate Calcium Carbonate Calcium Phosphate Colloidal Silica Vitamin B3 Co-Enzyme Q10 Zinc Vitamin B5 Vitamin B6 Vitamin B1 Vitamin B2 Vitamin B3 Beta-carotene (pro-vitamin A) Biotin (Vitamin B7) Folic Acid (Vitamin B9) Manganese Bitamin B12 Chromium Selenium Copper Vitamin E Vitamin D2</p> <p style="text-align: center;">LIVER SUPPORT HERBS</p> <p>Rice Bran Powder Milk Thistle Extract* Dandelion Whole Plant Extract* Burdock Root Extract Slippery Elm Bark Powder</p>	<p>Globe Artichoke Extract* Inulin Ginger Rhizome Powder Bromelain Lactobacillus Acidophilus Bifidobacterium Bifidum Papain (from papaya & pineapple)</p> <p style="text-align: center;">NERVOUS SYSTEM SUPPORT</p> <p>Lecithin Organic Flaxseed Powder Gotu Kola Extract* Withania somniferous* Siberian Ginseng Extract</p> <p style="text-align: center;">ALKALINE VEGETABLE PROTEIN</p> <p>Pea Protein Isolate*</p> <p style="text-align: center;">ALL NATURAL BASE</p> <p>Papaya Broccoli* Carrot Pineapple Natural Vanilla Sweetose</p>



ANGEL GUIDANCE READING

What a fantastic month, working with the Archangels in that way, during June. I had such a great time and really deepened my personal relationships with each and every one of these Divine Beings. I am truly blessed to be guided to this field.

For those of you new to BlissHEALING, we worked with each of the Archangels during their corresponding moon sign days. (June 2011 PDF is posted at <http://www.chaibliss.com/BLISS-HEALING.html>)

For this month's awaited Angel Guidance Reading I will return to the Angel Guidance Board format and use the messages from the Ascended Masters Oracle Cards. I am guided to work with the Ascended Masters (in honour of a lovely friend turning 33; the Master number). Although Angels are so vital to our every day life, our Soul Purpose and our evolution as a whole... what we become with their help are Masters here on Earth... and this is something very special indeed.

The Angel Guidance Board is signed by Doreen Virtue and contains 2 quartz crystal dice. I call upon the Angels to clear and energise the board then specifically call upon the Archangel overseeing each of the categories available on the board. The dice are rolled and the message is received. It has proven itself time and time again ♥



HOME
ARCHANGEL JOPHIEL ~ PATIENCE
QUAN YIN ~ LET IT GO



Two of the sweetest female deities combine energies to deliver this month's message regarding the home. With Divine Timing, everything is aligning. Letting go of all that is unlike love will ensure the highest possible vibratory result. With this lovely new moon in Cancer, the sign of the home, take inventory and really find your place within your own home again. Practicing patience within the home (yes, including with yourself) will ensure a peacefilled month. Everything is in Divine Right Order ☺

ROMANCE
THE ROMANCE ANGELS ~ SOUL MATE
HINA ~ FREEDOM



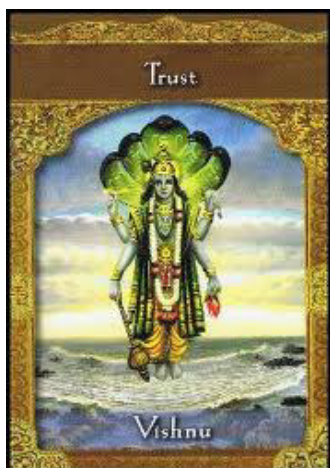
Hina is a Hawaiian moon goddess, considered so beautiful no one can look directly upon her. Her energy is that of compassion and she works with fertility, attraction and manifestation. This situation involves the soul, and the relationship you began in Heaven... now ready for renewal here on Earth. Continue working with the Romance Angels to bring about this sacred relationship... it is healing the Earth. Ask Hina for her compassion and allow her to work with her beloved moon to assist in the bringing together, strengthening and honouring of your soul's deepest relationship. Work with the Archangels and the moon signs like last month to align with the colours and crystals and affinities each moon sign offers. This will centre You, and all else will attract itself naturally with the Law of Attraction.

MONEY
ARCHANGEL ARIEL ~ SAVE
AENGUS ~ TWIN FLAME



I first thought that the Angels had mixed these two up. They assure me that this is in it's right order too. We are reminded that doing what we love and making money for it is aligned with Heaven on Earth. The Angels have always told me that the sole purpose for 'work' is to meet our Twin Flame. Yes, our passion and our Soul Purpose are expressed when we work at what we love, and these exact ingredients bring about the perfect recipe to align with our highest good... and our Twin Flame relationship is designed to bring about peace on Earth. Archangel Ariel's message to 'save' is so that we have plenty of money aside to play with our Twin Flame! So when you are 'at work', imagine all those things you and your Beloved are going to do together!

CAREER
ARCHANGEL CHAMUEL ~ CAREER CHANGE
TRUST ~ VISHNU

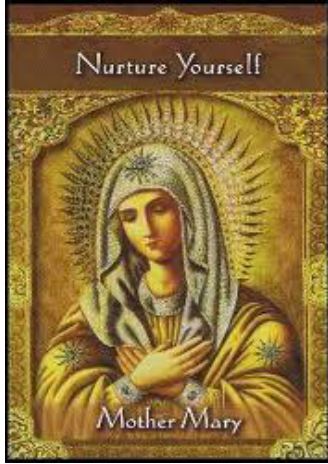


This month I am told is a shuffling of sorts. We are realigning big time so that we are truly in the right place at the right time. Your changes are guided and protected and Vishnu is assisting to offer trust within this whole process. He says it really depends on how we perceive a situation. Someone with an open mind and an open heart is already honouring their intuition. This makes trust and change wonderful allies in the weeks ahead. The world is designed to change. It is the only constant! Honour these changes, make some conscious ones of your own, and let the stream of higher consciousness flow you in the right direction.

LIFE PURPOSE

ARCHANGEL MICHAEL ~ ADVOCATE

MOTHER MARY ~ NURTURE YOURSELF

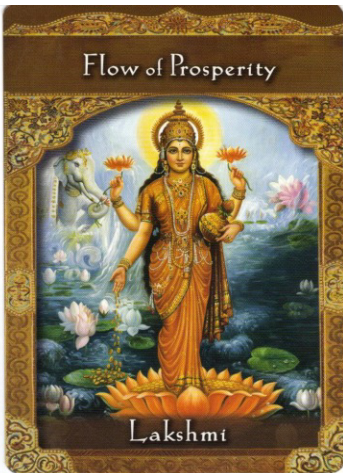


☺ I am such a big fan of Mother Mary and Archangel Michael,, these two combined really do work miracles! What a poignant and honest message from them both... to look after yourself. Make it your life purpose! Be your own advocate. Receive honestly and attract exactly what you need. Our time here on Earth is best spent in a balanced and healthy state... body, mind and spirit. Nurture these now... your life does depend on it! Put quality on top of your priorities. Take that extra hour sleep, wake up with that stunning sunrise, drink that extra glass of filtered water, choose the organic tahini! Treat yourself with kindness and respect. Listen! Think! Do! Be! X0x

CHILDREN

ARCHANGELS GABRIELLE & METATRON ~ PLAY

LAKSHMI ~ FLOW OF PROSPERITY

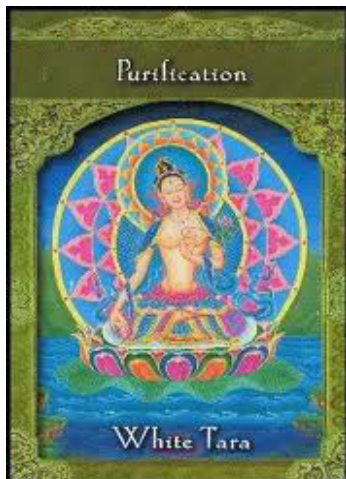


I asked my 'master' friend today, 'What did you want to be when you grew up?' He laughed and raised his arms up wide to take in his shop... he wanted to honour fun and community! When that child within is heard, wonderful, wonderful worlds open up! Let your inner child manifest it's own flow of prosperity... amaze yourself! You will have a ball x0x Get in touch with you and really rediscover what you were passionate about playing as a child... the Angels will help you ☺ This is a delightful playground after all. Time we started remembering. Enjoy.

FAMILY & FRIENDS

ARCHANGEL RAGUEL ~ TIME

WHITE TARA ~ PURIFICATION

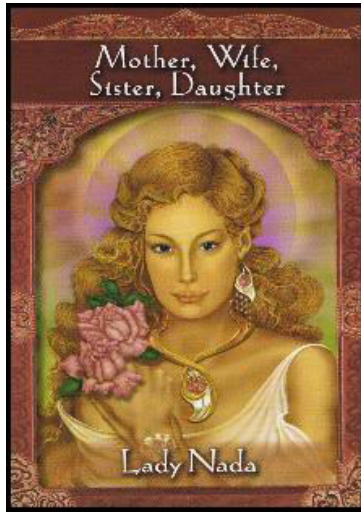


This truly is a magical time, and magic occurs when we work together. We will be purifying our relationships with loved ones this month with Divine help. Consider what it is that your love ones enjoy spending their time on. Listen, consider and allow. Give and receive of your time equally. Let your relationships be bathed in light and love. Spend time alone if required, to really find what each relationship means to you. Let some go. Be ok with that. They will respect you deeply, and you will have your own self respect. Honesty is always easiest to remember! White Tara is another female deity offering her light and wisdom and experience to the balance of all that is. Respect self and respect others. Rewards are infinite.

HEALTH

ARCHANGEL RAPHAEL ~ NUTRITION

LADY NADA ~ MOTHER, WIFE, SISTER, DAUGHTER

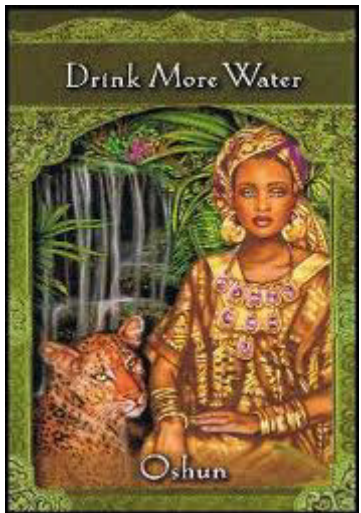


I love nutrition! I especially love how we know that it is a food related word, although 'diet' hasn't been used by Archangel Raphael to describe that he would like to mention our food. Nutrients are found in higher quantities in fresh, organic vegan food than any other. Lady Nada is also one of the Guardians of Time. She tells us that the Sacred Earth Mother has everything we could possibly require for optimal nutrition. Processed foods and chemically 'fortified' foods are robbing us of our health all around the world. The Earth Mother urges us to return to her fruitful bounty to survive and thrive. We are her loved ones! Her love is Eternal and her gifts are infinite. Treating her with the sacred love and respect she deserves ensures our existence and our evolution. Our health, and our Earth's health depend on it.

SPIRITUAL PATH

ARCHANGEL URIEL ~ JOURNAL AND WRITE

OSHUN ~ DRINK MORE WATER



We are delving deep this month. Righting wrongs, refinding our passions, rekindling soul relationships and letting go of past contracts for good. By staying hydrated and utilising journaling, we are being assisted along the way. Life is a journey. We have major 'train stations' along the way... while other times we are coasting along, enjoying the scenery. Let this month be a smooth ride. Document your findings for future journeys, remember your water bottle when you venture out and know that your soul DOES know! ☺ This magical adventure will have surprises. It will have night and day and it will encourage you to stay centred and focused upon that which you DO like. This is a Spiritual Path within a physical body. Water encourages the body to function at optimal level. Angels are with you at all times... relax and participate ♥

PSYCHIC DEVELOPMENT

ARCHANGELS RAZIEL AND HANIEL ~ TRUST

WHITE BUFFALO CALF WOMAN ~ PEACE OFFERING



Archangels Raziel and Haniel remind us that we are constantly given 'signs' and messages. However it is our Trust that makes them relevant. If you feel that a message cannot be trusted, then that is often a sign that this is your ego making it's final final plea! Peace will always be the outcome when real Divine Guidance is offered. Trust is your guiding mechanism. You are a highly evolved, divine being... you KNOW what is right and wrong inherently within you! Your psychic development has really grown in leaps and bounds recently. Your Angels are with you every step of the way to ensure that you are able to decipher the truth! Let your feelings be your guides, stay clear of mind. Make yourself an offering of peace to this Universe. Abstain from ANYTHING that will alter your awareness in any way. Straight edge, clean living will always bring the best results. Celebrate your achievements honestly and openly. Let others know of your psychic development! This WILL HELP YOU AND HELP THEM. We assure you that this is a community effort. Your light shines brightly and allows others to reflect theirs back to you. We are altering the Universe one thought at a time... choose love ♥

ChaiBLISS HEALING



www.facebook.com/chai bliss

I am totally thrilled at the response to the Facebook Page this month. From all over the world, people have visited via word of mouth and the feedback is lovely ♥

I find that all those thoughts I have during the month, now have a place to be heard.

Every day this month on ChaiBLISS Healing, I will be drawing an Ascended Masters Oracle Card so that we may attune ourselves to these Humane Spirits who once walked the Earth, with the intention to emulate ☺

Other happenings this month are the fantastic **::NEW::** ECO~REFILL BAGS.

100% RECYCLED
CORN BASED LINER
100% COMPOSTABLE

I am happy happy happy about this grand new design, with sweet new stickers to go with the new 150gm size. These 150gm eco-refill options are still priced at \$A10. The environmentally kind packaging is also cheaper to post. Australia Post are raising their prices on July 4 2011, so new postage prices will reflect this. One of the many reasons I am so happy with the timing and design of these new Earthbags. With their bio-film product window and solid feel, they are a winner all round ♥



The ever-popular 125gm jars are still available, both online and at retail outlets. More retail outlet news next month. ☺ Effective immediately, the new price for these stylish gift jars will be \$A15.

240 drop Homeopathic Remedy bottles will also be \$A15.

See the ChaiBLISS website, Made It shop and product page on Facebook for exact postage costs to your area.

Thank you so much once again for all the new orders, repeat orders and smiley customers.. I am truly blessed ♥