



Whilst deciding on what to make this month's theme, I was reflecting on faith and my feelings of being forsaken by spirit over the last week or so. I was quietly amused to notice the link between being forsaken and Easter which occurs later this month. While I don't follow traditional religious beliefs I do recall something about Jesus crying out - "Why, Father, have you forsaken me?" as he was on the cross. For many of us, we may feel we have been forgotten or forsaken by spirit or God. Having had some personal challenges in the last few weeks to 'hold the faith' and noticed this as a recurring theme for clients thought it might be of value to share some of the tools that have worked for me. Check out my notes on 'Keeping the Faith' below on how to move from a state of paralysis and fear to one of calm and internal strength. I am also offering a 3 session special for April to help you through any challenges you may be facing or to help you have faith rather than fear. Buy 3 x 1hr sessions, (these can be massage, healings or a combination of both) for **only \$195**. [See below](#) for more details.

Also included in this month's newsletter are:

- [Keeping the Faith](#) - How to move from fear to calm inner strength
- [Green and Violet Tourmaline](#) -This months essence profile
- [Food for Thought](#) - some little tidbits
- [April Consultation Special](#) - make the commitment to yourself now!

Food for Thought

A reminder that **Mother's Day** is next month on **Sunday 8th May**. You might want to start thinking now how can you acknowledge your mother or perhaps what being a mother means to you or maybe it is time to forgive?...

Keeping the Faith - moving beyond fear

In her book Eastern Body Western Mind, Anodea Judith refers to Ernest Holmes' description that fear and faith have similar qualities. 'Fear is a belief that something awful might happen, while faith is a belief that something good will happen.' Fear affects our ability to feel safe and supported, and can lead to hypervigilance - where we are unable to settle, and keep moving not only physically but also mentally and emotionally. I liken this to a dog with a bone, where we keep 'worrying' it to no avail. Worrying over and about something keeps the energy stuck - it does not allow the energy to be transformed or moved.

I have found the following steps helped me move into a new space:

- **Journal** - write down how you are feeling, all the words that need to be expressed. This is not for future viewing or analysing just a vehicle to express and release emotions. Give yourself permission to express whatever comes up - swear words or strong language is okay - no judgement allowed! This exercise also helps us to identify or uncover

Art

Some of you will know that I have been attending art classes over the last year and have loved this form of creativity and expressing myself in different ways.

Now is your chance to see some of my creations - check out my website under Art in the shopping area or [click here](#).

Interestingly I am in the process of creating a piece entitled 'Faith' - another confirmation of this month's theme. I will have this 'work in progress' at the Angelite Fair in Greenhithe next Sunday.

How are you expressing your creative side?

April Special

Looking for some assistance to keep your head above water, to move forward, release stress or keep you connected to spirit? Then take advantage of my April Special.

Imagine how different you would feel if you had a massage every 3 weeks over the next few months? or maybe consecutive regular healing sessions where you connect to the wisdom and power within - how different would your life be?

Purchase your **choice of 3 sessions before 30th April** and get all this and more for a **great price of only \$195!**

[Contact me now](#) to book.

And if you purchase before Easter you will also receive a free personalised 20ml Soul Heart Essence or personalised 30ml Massage Blend. Make the commitment to yourself and take action now! [Contact me](#)

the underlying emotion. If writing is not your strong point, talk to someone who listens well, or speak your words out loud - out in the back yard, at the beach etc.

- **Express the emotions** that arise eg allow yourself to cry or shout if you need to. This is very important as this allows the energy to be released and transformed.
- **Integrate the change in energy** - Once you have expressed the emotions fully, you will feel a change in how you feel. Cement or integrate this change with a visualisation, affirmation or meditation. This could take the form of sitting quietly for 10-15mins, going for a gentle walk in nature (this could be as simple as walking around your garden smelling and looking at the flowers), or focusing on your breathing for 3 - 5 mins or using something like the inner smile meditation.
- **Express your gratitude.** Acknowledge all you can be grateful for, eg the weather, a roof over your head, freedom and ability to walk or run, friends, family etc.

To finish I leave you with a favourite saying of mine about faith -

*Faith is a bird
that feels dawn breaking
and sings while it is still dark*

an old Scandinavian saying

Wishing you the promise dawn brings!

Go well.



PS - I am always in the process of updating my website and have been working on my testimonial page. Thanks to those who gave me 5mins of their time and allowed me to tape their responses. If you would like to let others know the benefits you have received from any of my services, please feel free to contact me!

(You have until 30th June to redeem all three sessions).

Meditation Class

I will be running a one-off meditation class next term in May. The primary focus of this class is to teach you a form of meditation that releases stress at all levels of your body. Further guided meditation classes may be available at a later date.

To register your interest, please [contact me](#).

Personal Transformation Group

The current group is about to finish. This is a great way to spend an evening of self exploration in a supportive environment - you learn about yourself, how to be more of who you are as well as some easy tools to cope with life with more ease. You will gain confidence, improve your relationship with yourself and others and find more joy in life. You may even change your life!

The next evening group starts Thursday 19th May, places are limited so book your place now! [Email me](#) to register.

If you would prefer a morning option, please let me know.

This Month's Essence Profile:



Green & Violet Tourmaline - the Gift of Trust

This remedy gives you the Gift of Trust. It helps wash away fear and debris so you are more attuned to the subtleties of God or spirit speaking to you. Also helpful for restructuring when you have been rocked to the core so you can build from a clean slate with no fear.

This month following the theme of faith I would also combine this remedy with two others:

1: Blue Sapphire - Gift of Surety. I profiled this a few months back primarily for its effectiveness with irritated and itchy eyes. But it also helps with self doubt and dark nights of the soul by promoting an inner knowing. Particularly helpful around issues of business, vocation or spiritual path.

2: Rainbow Moonstone - Gift of Beauty. This remedy has a real serenity about it. It helps us to 'accept the things we cannot change' (as per the serenity prayer), and enables us to see the beautiful and positives in life.

To order any of these individually please [click here](#) and scroll down the page and select the remedy or if you would like me to make a Faith combination please [email me](#).

Words of Wisdom

Even while you have pain in your heart, you can enjoy the many wonders of life - the beautiful sunset, the smile of a child, the many flowers and trees.

If you have experienced hunger, you know that having food is a miracle. If you have suffered from the cold, you know the preciousness of warmth.

When you have suffered, you know how to appreciate the elements of paradise that are present.

When one tree in the garden is sick, you have to care for it. But don't overlook all the healthy trees.

If you dwell only in your suffering, you will miss paradise. Don't ignore your suffering, but don't forget to enjoy the wonders of life, for your sake and for the benefit of many beings.

*Thich Nhat Hanh
from The Heart of the Buddha's Teaching*

UPCOMING EVENTS APRIL

Whispered Secrets Healing & Market Day

Saturday 16th April 2011, 10.00am - 4.00pm. Whispered Secrets Yoga Studio, 247 State Highway 17, Albany Village. Free

Join us for another special day of Aromatherapy, Massage, Healers, Tarot Readers, Clothing, NZ Light Flower Essences, Candles, Food Stalls, Preserves, Art, Crystals and much more. The car park and studio will be alive with stallholders and specialised products. www.whisperedsecrets.co.nz

Greenhithe Angelite New Age Fair - Sunday 17th April 10.00am - 3.00pm

Greenhithe Hall, 7 Greenhithe Rd, Greenhithe

Come and browse the stalls - crystals, my remedies!, new age books, healers, readers, natural products and more.

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