

JUNE – JULY 2014 NEWSLETTER

Whilst I am in the swing of things, I thought it would be good to start my current newsletter.

In many ways this year has been interesting and often rather uncomfortable. I have been acutely aware of the many power dates and activation phases that we have gone through since March the 20th with the Equinox, ending in June with a Solstice, only to start again in September with another Equinox ... and so we go. What this all means is that portals are open which allows vast amounts of energy to flood onto the planet thus assisting us and the planet as a whole to raise in vibration.

So, if you have found long suppressed emotions bubbling up into the conscious mind, blame it on the power dates ... only joking of course! Rather thank these energies for allowing the emotions to hatch and then, using the support of these energies, allow the clearing and healing to take place.

We have completed the time representing the “Violet Ray Of Truth” and await “The Platinum Ray Portal”. The former being a time of completion and the latter being a time of release of anything that does not serve you.

My last newsletter focused on how we, as animal and human beings, often choose not to see the truth of a situation and I suppose this is what all this is about ... recognising when a door needs to close, to release the story behind the door and finally move on. Some say “easier said than done”; others ask “how?”

I recently attended a talk by Dan Schreiber; he is a herbal healer and ecologist who was visiting South Africa from Australia to present a series of talks. He presented a really interesting talk on the body in relation to bacteria, fungi, viruses and other microbes together with interesting information regarding gut bacteria being responsible for producing 80% of the body's Serotonin and 90% of the body's Dopamine. Now to some, this may not mean much but these hormones/chemicals are essential for helping us see the glass half full vs. half empty ... and much, much more. Sadly there is a war on this planet to kill off all bacteria. Antibiotic over use, antiseptic soaps, rubs, sprays, douches and so we go. Little wonder the manufacturers of anti-depressants are smiling all the way to the bank!

Besides this rather scary bit of information, my rather simplified synopsis of a very long and interesting talk is that we, as man, have three main computing centres, minds or brains. One, as we all know, being in the head, the other in the gut which allows us our gut-feel or inner knowing and then the mind that most of us seem to ignore being the mind of the heart or the heart-brain. For me this was a bit of an ‘ah-ha’ moment as I finally realised how important self-love is to all of us. I have for many years realised its importance but never the degree of importance that I now see.

For many this is not easily achievable as we hold so much condemnation, criticism, judgement etc etc in our subconscious mind (in the head) but the heart-brain holds none of it. Hence we are all able to start making the change. The heart has the ability to love unconditionally. It's simply the head that says ‘no’. Just for one day focus purely on your heart's thoughts and you will be amazed at how good you will feel. I tried it and can promise positive results. What will follow is pure love. Each organ picking up an emotion, which in turn allows all the bodily cells to respond thus recording the wonderful energy and lastly our bones welcome the energy as they lock onto the new thought/emotion. Now cellular memory is reprogrammed and that which manifests is a new self-loving you!

We can all do this. We have nothing to lose and so much to gain. My gut tells me that this is the next move truly needed to move into the Aquarian age.

Love and light
Debbie