

Spring News

Is it just me, or have things been on the intense side for you too lately? Lots of astrological activity recently is creating this strong force of energy that affects us here on earth. Check out my friend [Marielle Croft](#) for more information.

I've noticed that whatever I'm feeling is heightened. When I'm connected and blissed out, it's fabulous and when I'm not, it's almost unbearable. I'm reminded that this world, which is an illusion, is duality. Every minute we get to choose between Love/Spirit and Fear/Ego. If we are here, then we are human so don't beat yourself up when you go into fear as it's part of the experience. The trick is to stay – not wallow- in the fear or pain and see what it has to show us. There is no wrong or right length of time to stay, it's up to you but Spirit will use anything it can to reach us. It's often in these painful or uncomfortable times that we seek help to pull us out and Spirit is always there.

For me, it's yoga, meditation, nature and spinning (yes, as weird as it sounds!) that pulls me back in to feeling connected. What about you?

Ultimately it's forgiveness that we are asked to give in order for us to receive peace. Not only because we don't have to carry any pain, but because this world is not real. When we understand that where we truly are is One with God and All That Is and that we have never left, then we can forgive that which has never occurred. It takes practice to undo the ego but it's freedom when we can, not only pull out tools to silence the ego but, build up resilience against it. What tools do you have? How is your resilience practice going?

Spring is the perfect time to 'grow' new ideas and practices that will bloom later. May your resilience grow bigger and create more blooms each year.

With Love, light and joy,
Rachel



My First Book!

Talking of blooming, my first collaborative book is being published on Amazon on 31 May 2014.

[“In Pursuit of the Divine” – Written Stories To Empower A Woman’s Soul](#) is a collection of amazing and inspiring stories. Watch out for Vancouver launch coming soon.

[Messages from your Angels and Departed Loved Ones](#)

[Meet Up](#)

Wednesday, 21 May 7 – 9pm

Utopia, North Vancouver
Suggested offering \$20

At this “Messages from your angels and departed loved ones evening” you have the opportunity to:

- Connect with some of your angels, guides and departed loved ones in a healing meditation
- Feel more love, peace, joy and connection to Spirit
- Receive guidance and support from your ‘team’
- Receive loving messages and healing
- Be inspired and opened by Spirits wisdom and ability to heal and guide
- Laugh and shine brighter!