



## newsletter

Check out my [YouTube link](#):

April 2013



Hello Friends!

Ever woken up in a grumpy mood for no apparent reason and the day just was "one of those days"? Well that was me this morning.

My eldest boy was in a really bad mood and was spewing out negative energy to anyone in the vicinity. The day got a bit better - when I was on my own, I noticed! The evening brought unpleasant exchanges from and to various members of my family. Have I mentioned how human I am and how conscious I am, except when I'm not?

Well, it was a real human day until a recent line I read in A Course in Miracles seemed to boom in my head: "Whatever I see reflects my thoughts" (Lesson 15 in workbook)

"What is everyone showing me about my thoughts and beliefs about me today?" I thought. Have I been feeling disconnected, ungrounded, unappreciated and unloved today? Well, you can guess the answer can't you. Yes!

I'm telling myself how loved I am, how I am always connected and One with Source and all of life and what a great job I do as a Mom, wife and Healer. The energy starts to shift but it really gets going when I thank my boys and husband for all that they give me in my life. What a great job they do and I am so grateful for them and all that they do. I give them all a kiss as they sleep.

Aaahh, now I feel much, much better. Time for a lovely sleep too, after a quick meditation, of course!

I invite you to notice how "your reality reflects your thoughts" today and try some gratitude, kindness and love - starting with yourself.

P.S. I only have 3 spots left for 5 week Bright Shiny Soul Program starting Thursday, 9 May. Let me know if you are interested!



**Oneness Healings at Utopia, North Vancouver, Wednesday, April 17, 7 - 9:15PM.**

You are invited to an inspiring, empowering and fun evening of communicating with the Oneness Council.

The Oneness Council is a collective of angels, Archangels and Ascended Masters including Jesus (Yeshua), Budha, Kuan Yin, Mother Mary and Mary Magdalene. Our own departed loved ones also come through as representatives of Oneness to support, love and heal us.

Rachel, is an Intuitive Healer, Spiritual Channel, Coach, certified Medium, and Angel Therapy Practitioner®. The Oneness Council uses Rachel's authentic intuitive healing gifts, including clairvoyance, to reconnect you to your soul, light and Oneness. She channels loving messages and healing energy so you can shine brightly.

For more details, please visit our [events](#) page.

**Bright Shiny Soul: Because We Are One, Rachel's Ocean View Healing Space, Lion's Bay, starts Thursday, 09 May - 06 June May 2013, 7pm - 9:15pm**

Reconnect, reveal, renew and rock this world. Say hi to your soul, because no matter who you are, you have one.

Join Rachel, an International Intuitive Healer, Spiritual Channel/Coach, certified Medium and Angel Therapy Practitioner® for a fun, deep, inspiring and transformational weekly Program.

Each week for five weeks, Rachel will guide you through a meditation and principals inviting you to practise and meditate on them at home so you can live the life you want and shine as brightly as you choose to.

Includes one Intuitive Healing with Rachel and certificate.

principle one - Yes! You have a soul, angels, guides and intuition

principle two - Into the Deep: Revealing the true you. Your constructed story vs. your authentic one

principle three - Shadow Busting: Finding the gifts in the challenges

principle four - The F Word .....Forgiveness

principle five - Miracles happen! How to attract them and notice them

principle six - "Living the dream"! Daily tools for angelic/spiritual connection and shining brighter and rocking harder

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**Oneness Healings at Utopia, North Vancouver, Wednesday, May 15, 7 - 9:15PM.**

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