



newsletter

Check out my [YouTube link](#):

February 2013



Hello Friends!

It's a tad late but Happy New Year! What an interesting year it has been already, don't you think?

I was going to write about a month ago however the universe kindly delivered my wish of "stepping back from a certain situation" and I had a skiing accident tearing ligaments in my knee. I literally can't step forward without the aid of crutches. Pretty good manifesting, don't you think as my 'wish' took less than 24 hours to manifest?

Of course, initially I was not best pleased as I'm lying in pain in emergency. "What about my clients and a new Bright Shiny Soul course about to start? How on earth are we going to cope with 2 young boys and a home to manage and a husband who has a very demanding job?" Thankfully (and surprisingly) these worries quickly turned to thoughts of surrender and letting go. What could I do anyway? The Universe certainly had my attention!

It has been an amazing journey of retreat, deep inner work and letting go. Of control for sure, and also of what was stopping me from asking for help. Why are we so bad at asking for help? Are you like me and think far too often, "Oh, I'll manage", even when people offer? Spirit revealed to me that my old story of not being good enough was on parade once more unconsciously stopping me from asking for help. I was afraid I didn't really deserve to be helped. Acknowledgement is the first step of healing and, wow, I've been healing deeply with spirit!

Do you receive help easily? Are you ready to heal?

As of Monday, 25 Feb, I will be seeing and speaking to clients again so please contact me for your in depth, one to one session with me.

Spirit wants to reveal something to you and guide your healing journey.

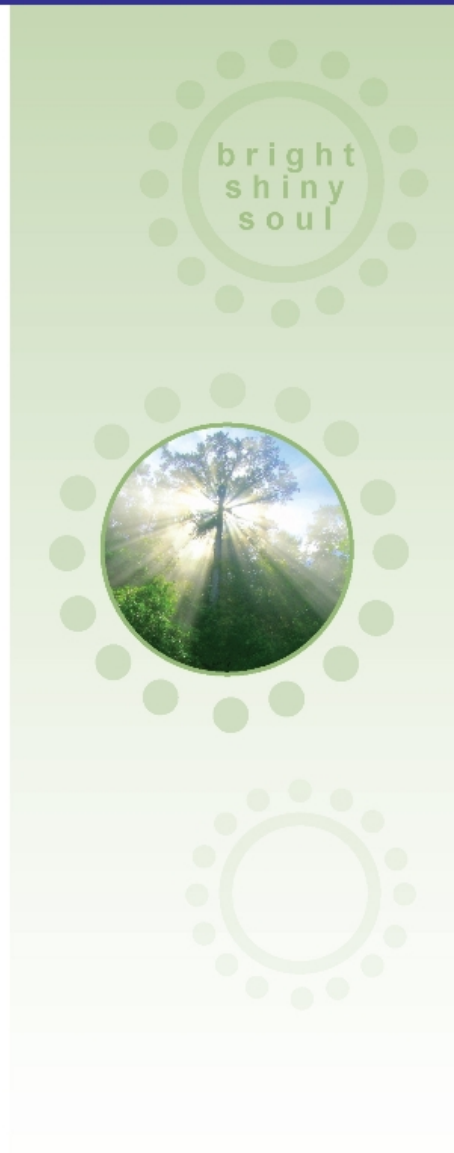
There is also the following event to help you. New programs and workshops plus new date for Bright Shiny Soul Program coming soon!

Angelic Audience Healings/Readings at Utopia, North Vancouver, Wednesday, February 20, 7 - 9:15PM.

You are invited to an inspiring, empowering and fun evening of communicating with the angels and Spiritual Realm.

Rachel, is an Intuitive Healer, Spiritual Channel, Coach, certified Medium, and Angel Therapy Practitioner®. She uses her authentic intuitive healing gifts, including clairvoyance, to reconnect you to your soul, light and team of Spirit, angels, guides and departed loved ones. She channels loving messages and healing energy so you can shine brightly.

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



With love, light and peace
Rachel