



## newsletter

Check out my [YouTube link](#):

October 2012



Hello Friends!

Have you ever realized something has impacted you only after you've dealt with it and then let it go?

Well, that happened to me recently. I was in England for a wedding. This wedding happened to be not too far away from my hometown where my stepmother lives. She and I have had an up and down relationship, mostly down since my father got sick and then died last year. Lots of stuff around money and my Dad's will happened. I thought I had dealt with it and forgiven everything and all involved. I had written a letter asking if she wanted to have a relationship and heard nothing back so thought fare enough, "that's that then."

I found myself in an old Abbey where my Mom, who is also dead, and I loved to go. I started to feel anxious about going to my hometown and whether or not I should visit my stepmother. My friend, who was with me, asked if I was going to see her? She told me it was up to me but she felt it would be good for me to go and give back any energy not belonging to me and to show nothing but compassion, love and forgiveness whilst respecting my boundaries.

I replied that I was waiting to see what unfolded. What did unfold was a miracle.

I was on the train and I kept repeating a prayer from A Course in Miracles:

I am here only to be truly helpful.

I am here to represent Him (Spirit) Who sent me.

I do not have to worry about what to say or what to do because He Who sent me will direct me.

I am content to be wherever He wishes, knowing He goes there with me.

I will be healed as I let Him teach me to heal.

If any feelings of fear came up, which they did, I repeated this Forgiveness prayer I had recently learned from Gary Renard:

You are Spirit.

Pure and Innocent.

All is Forgiven and Released.

I use both of these almost daily and it has made such a difference in my life. I also pulled a Goddess card on the train and Sekhmet told me that I was more strong than I thought I was and my strength assured a happy outcome.

I'm not sure how it happened, I can only describe it as being guided, but I found myself outside my stepmother's front door with a rose plant in my hands.

She was surprised to see me :) The whole experience was very light, much easier than I thought it was going to be and I invited her to stay in touch and that my door is always open

We parted and we hugged each other. She put her hand gently on my face. I cannot remember her ever doing anything like that before and I was deeply moved by that.

I had the feeling of a great weight being lifted from me and I was filled with a tremendous feeling of peace, which has lasted weeks.

I really didn't realize how what had happened had effected me so deeply, until I let it go



It was my feelings of discomfort and fear when I thought about what to do that gave it away. How grateful I am to me for having the courage to follow Spirit and, of course, to Spirit for guiding me through messages, feelings, intuition and inspiration.

Is there anything disrupting your peace and happiness? If so, are you ready to let it go? Consider Bright Shiny Soul Program, which is designed to transform you and to allow more Spirit in so you can shine as brightly as you choose and create miracles in your life.

**Angels 101 and Bright Shiny Soul  
Introduction at Presence, Horseshoe  
Bay, West Vancouver, Thursday, Nov  
1 from 7 pm - 9:30pm PST.**

You are invited to reconnect to your soul, intuition and team of angels and guides, to heal and to reveal the true you and to shine brightly, even through your challenges.

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

**Bright Shiny Soul Program at  
Presence, Horseshoe Bay, West  
Vancouver, Thursdays, Nov 15 - Dec  
13 from 6:45 pm - 9:30pm PST.**

You are invited to reconnect to your soul, intuition and team of angels and guides, to heal and to reveal the true you and to shine brightly, even through your challenges.

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

**2012 Vision Journal, West Vancouver,  
Saturday, November 17, 9:30AM -  
3:00PM.**

How did you do with your Vision Quest?

Dec. 21, 2012 Marks the Start of A New Age.  
Let's review and set new intentions.

Rachel and Diane Lund, will guide you through a day of meditation and review of our journals. What do we want to carry forward with us? For more details, please visit our [events](#) page.

**Angelic Audience Healings/Readings  
at Utopia, North Vancouver,  
Wednesday, November 21, 7 - 9:00PM.**

Join Rachel, an International Intuitive Healer, Spiritual Channel/Coach, certified Medium and Angel Therapy Practitioner® for an inspiring, empowering and fascinating evening of healing and revealing with the spiritual realm.

Rachel uses her authentic psychic and healing gifts, including clairvoyance, to channel Source, Archangels, Ascended Masters and guides creating space for you to reconnect, reveal and renew. She channels loving messages and healing energy so you can shine as brightly as you choose to.

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Happy Miracles  
With love, light and peace  
Rachel