



Rachel, Intuitive Healer - Newsletter

newsletter

Check out my new [YouTube link](#):

December 2011



Hello Friends!

Holiday/Christmas time; is it "aaah or aargh" for you? Well, if I'm brutally honest it can be a bit of both for me, if I'm not careful. I love Christmas time and this year I love the fact that it has coincided with Mercury in retrograde. This is a great time for deep inner work and nurturing of the soul. Delicious! Hmmm, except I get caught in the trap of stressing about all the things I have to do and get done before Christmas. Not so deep inner work. I can also get melancholy about missing my Mum, Dad, brother and Father-in-law who are on the other side.

It can be a paradox that way for so many of us. So, if you start feeling tense or sad, go and do something to relax yourself and lighten up. It will be worth it, everything will get done and you'll enjoy it so much better. Make the intention of having an easy, happy, stress-free Holiday.

For the first time ever, I get to buy my birth Mum and 'new' sister something for Christmas. It's very symbolic for me as I start a new cycle of deepening our relationship. I am so grateful for this precious gift. If you don't know the story, check out my You Tube video above.

There have been a lot of endings for me lately, and therefore beginnings too. It's been an honour to work with my first students of The Bright Shiny Soul Program. Watching them transform and bloom over the last 6 weeks has been amazing. Keep shining ladies!

I have also launched a new [website](#) and have a new email address. Now it's time for some soul work, which is already been required as I found out I've already missed the Christmas posting date for England! My mantra is "let it go, trust the universe". Borrow it, if it will help you.

Thank you for all your support. Everytime I channel healing for someone, I receive healing too. I'm delighted to help you during this time of deep inner work, if it feels good for you. I have some specials out for the Holidays to entice you to treat yourself and/or someone you love:

Intuitive healing one hour session \$88 (regular \$158, saving \$70!)

Intuitive healing 30 minute session \$44 (regular \$88, saving \$44, that's 50%!)

Bright Shiny Soul Program starting January 11 \$244 (regular cost \$355, saving \$111!)

Book and pay for before 30 December. Intuitive Healing Sessions are valid for one year.

Wishing you and yours a wonderful Holiday season. May all your dreams come true. (They really can, mine did. Just believe in the possibility - what do you have to lose?)

And Remember, I am available for Intuitive Healing sessions via Skype, phone, face to face or email, if it's a question.

If you're guided take that first step. It's my joy to serve you.



Bright Shiny Soul: Because We Are One, West Vancouver, starts Wednesday, 11 January - February 22 2012, 7pm - 9:30pm

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, Angelic Audience Healings/Readings 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 and S Word.....Forgiveness and Surrender

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

principle six - Now What? Daily tools for angelic/spiritual connection and shining brighter and rocking harder

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

Angelic Audience Healings/Readings at Utopia, North Vancouver, Wednesday, January 18 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.

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

Indigo Connections Meet Up Group, Tuesday, January 31, at YWCA, 733 Beatty Street Vancouver 7PM.

Remi Thivierge, Internationally renowned energy pschotherapist and author of "Profound Healing for Indigo Children and Youth....and Other Sensitive Souls" presents.

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With love and gratitude,
Rachel