

Paradigm Shift

into the Fifth Dimension

BRITAIN'S BEST LOVED SPIRITUAL MAGAZINE

Issue 75

**GALACTIC
ALIGNMENTS**

**EARTHWISE
ACTIVISM**

**FINDING
YOUR
SOULMATE**

**SPIRITUALITY
& HUMANITY**

vaman
**THE TRANSMUTATION OF
SEPARATION**

2016 ~ Soulmates ~ Palmistry ~ Archangel Michael ~ Letting Go! ~ Earthwork ~ Health ~ and more...

SACRED SPACES



Jhadten Jewall

creates 'sacred spaces' - places in consciousness where you are one with your soul and its purpose and enjoy every moment of your incarnation!

- WORKSHOPS
- SACRED SOUND
- SACRED JOURNEYS
- SOUL READINGS & SOUL PORTRAITS
- SWIMMING WITH WHALES
- HOLOGRAPHIC LIGHT MANDALAS

In The Stillness of the Heart
 a workshop with Jhadten Jewall
 2-3 April 2016
 near Royal Tunbridge Wells



Utilising the Energies of 2016 to Discover your Full Potential

In this experience, we will be exploring the energies of 2016, which are devoted to focussing on the silence within ourselves, within our hearts. For it is here alone that we may discover who we really are, why we are here and how to express that in this incarnation.

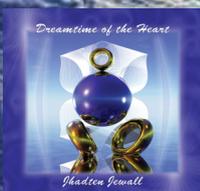
For more details contact Claire Williams
 claire@paradigmshiftevents.com 01483 813641



Light Energy Portraits
A Visual Journey into the World of Energy
 by Jhadten Jewall



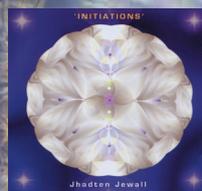
Sound of Creation



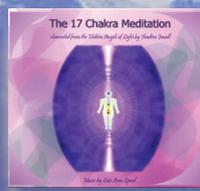
Dreamtime of the Heart



Whizzard Poems



Initiations



17 Chakra Meditation

Jhadten Jewall lives in Canada and teaches worldwide, working for the Divine, anchoring new energies for personal and planetary growth. Visit his website www.sacredspaces.net for his itinerary of workshops and sacred journeys. He also offers CDs, Soul Readings and Soul Holograms. Sacred Spaces, 305-275 Ross Drive, New Westminster, B.C. V3L 0B6, Canada. Tel: Canada (604) 522 2257. email: sacredsp@gmail.com

Welcome . . .

to our New Year issue, the first of 2016!

So here we go, the start of another year, and perhaps we are entering this one with a little bit of trepidation... some of the new channellings have warned that this year will be tough. I haven't included them here, but they can be found easily on the internet.

We know that the huge amounts of healing we have done on ourselves, and the planet, for decades, was bound to flush out the darkness, and that it would have to be processed. But, I don't think any of us had expected things to get as bad as they are, and especially after the 2012 shift. I think that we thought we had done enough by then to avoid the kind of mayhem that is evident in the world today.

Usually, I don't find it difficult to remain detached from dramas on the world stage, not wishing to add any kind of energy to what is taking place. However, I find that I can't do that at the moment, it is as if I must pay attention to events – I can't bring myself to turn my back. I know that everything will play out as it must, and that in the end the light will triumph – I can remain detached, but I cannot turn my back, I must bear witness to what is going on.

As if on cue, Jackie Queally's article, *Earthwise Activism* (p28), arrived on my desk and she mentions the counselling model of supporting those in their struggle

by witnessing the suffering, and being fully present. Jackie also quotes Marco Pogacnik who says "...rather (than) 'healing' the disturbed situations in cities and landscapes, one should speak of accompanying the planet in the process of its basic transformation". Thankfully, this has really helped me make sense of my dilemma

On a brighter note though, it isn't all doom and gloom by any means, as there is a definite shift in the world towards increased respect and compassion for all life-forms, indeed some countries have actually passed laws to recognise that animals have rights. While these laws are very limited in their scope at the moment, they are a foot in the door, the thin end of the wedge, that has the potential to go very much further.

Other heart-warming changes include charging for plastic carrier bags in the UK, which will reduce their usage significantly. The powers that be are finally starting to catch on to the global environmental disaster that is 'plastic'. Likewise, they are also starting to 'get real' about climate change, at last!

I said this last time, and it bears repeating: World peace cannot come soon enough – it looks like it is a million miles away but perhaps, in reality, it is just around the corner.

*Namaste
Love & blessings
Claire Margaret Williams*



CONTENTS



8 **The Transmutation of Separation**

I sat with the Buddha, and as I watched their responsibility being passed on to us, I began to feel the weight, grief and frustration in our current world situation. I also felt the power of great love to endure it and maybe even cure it once and for all.

by Aluna Joy Yaxk'in



18 **Letting Go!**

What causes us emotional pain is loss itself. In order to understand the complexities of letting go, you must first ask yourself a really difficult question, which is "did you ever have what you are being asked to let go of?"

by Elizabeth Francis



24 **Assessing Spiritual Teachings**

There are many points of view in the spirit world. There are many who contact the Earth level of consciousness. You have to remember, though, they create their own worlds and so their perspective is influenced by the world they have created.

Joseph through Michael G Reccia



28 **Earthwise Activism**

I wish to draw our urgent attention to the world of multi-dimensional nature, which is shared by all living creatures and spirits. I believe that we need to be present with Gaia, the living Earth, as she undergoes her current process of transformation.

by Jackie Queally



32 **Spirituality & Humanity**

What most people don't know is that this planet is the home planet to five Perfect Masters whose job it is to look after Creation. As one of them drops their body another one replaces them in their role.

by Jonathan Barber



36 **2016 ~ A Year of Stillness**

You enter this time frame with illumined Hearts and crystal Clarity in Spirit, that you may turn from the turmoil of your world to the silence of your hearts, though your heart remains focused with compassion and sincerity on the events of your world.

by Jhadten Jewall



38 **The Galactic Alignment**

The way to support the New Earth Timelines is to be able to access the 6th Dimension and to create the Dream of the New Earth into a powerful story that will carry Earth forward into her future destiny! The Earth is ready!

Archangel Michael through Celia Fenn



42 **The Guys Upstairs**

We were shown a picture of her, a beautiful woman wearing a crown of cow horns and holding a sun disc. We were told that within the walls of the temple were two birth houses, which contained the Star Gate connected to Venus and Sirius.

by Amanda Hart ~ an extract from Chapter 33

Cover Art

by Ellen Vaman

Ellen Vaman is an Australian photographer, digital artist and world traveller with a Passion for diverse Cultures.

Her cosmic camera captures time like life itself. She is a spiritually centred person who loves growing organic vegetables, walking meditations and spreading positive messages to her thousands of followers around the world. She believes there is a universal intelligence that we call our soul, or spirit, or consciousness, and it is everywhere and in all things.

Her art images are highly Spiritual and depict Life, Love and Nature wearing the colours, textures and patterns of the Spirit.

To discover joy she believes we must return to a state of Oneness with the Universe. She embodies the philosophy of love and Unity – and is an ardent promoter of Sufism and any other Mystical Path which promotes Oneness in the world.

www.facebook.com/ellen.vaman



12 10 Ways to Recognise a Soulmate

There are 10 signs that indicate a soulmate bond between you and your partner.

by *The Karma Queens*

15 Finding a Soulmate with Palmistry

Split from our other half when we incarnated, a soulmate may help us feel complete.

by *T Stokes*

20 Are You Awake

Buddhist teachings say there is no Self. Your senses create an identity that doesn't really exist.

by *Elaine Speakman*

22 Radiance of Being

It was a radical awakening which changed everything from the inside out...

by *Amoda Maa*

46 Multi-Purpose Cinnamon

Cinnamon has multi-healing abilities from the essential oils found in the perfumed sticks. It is used to treat a very wide range of ills from fungal overload, to diabetes and blood clots, to digestive issues.

by *Jill Davies*

48 Mail Order

Paradigm Shift Publishing Ltd
13 Willow Drive, Normandy, Guildford
Surrey. GU3 2EJ
+ 44 (0)1483 813641

www.paradigmshiftmagazine.com

Editor:
Claire Williams. 01483 813641
claire@paradigmshiftmagazine.com

Additional Support

Barbara, Jane.

© Paradigm Shift. All rights reserved. No portion of this publication may be stored in a retrieval system, reproduced or utilised in any form or by any means, electronic, mechanical, including photocopying and scanning, without the permission in writing of the publisher. Nor may it be circulated without the original front cover intact.

If you wish to copy any of the information in this publication for any reason other than your own personal use please contact us for permission.

Wherever possible we have obtained permission to use the articles featured, or we have notified the author of our intent when requested. If you feel we have contravened the copyright you hold on any article or graphic printed here please notify us immediately.

Paradigm Shift does not necessarily endorse or verify the views expressed by contributors,

they are simply presented here for the discernment of our readers.

Paradigm Shift is not responsible for the quality and/or performance of goods and/or services advertised in the magazine. The ASA (Advertising Standards Authority) can be contacted on 020 7580 5555.

Powered by – www.ecotricity.co.uk

Please read these pages with discernment as everything is just a model and another opinion. No channel is 100% accurate as all information is filtered through their human perceptions. If something here doesn't ring true to you then please release it lovingly back to the universe. Simplicity is the key to all spiritual practice and nothing that you will read in this magazine is absolute for growth, but it may make the journey more fun.



Elizabeth
Francis

PSYCHIC & MEDIUM

“ a wealth of comfort, direction, advice
and much needed communication ”

RELIABLE INFORMATIVE NO-NONSENSE
YOUR QUESTIONS ANSWERED

CALL 01579 384 708

Credit/Debit from **£27** for 20 mins

CALL 0906 400 7443

Premium number **£1.50/min**

WRITTEN READINGS FROM ONLY £12.25!



www.elizabethfrancis.co.uk

0906 calls cost £1.50 pm + network extras. 18+bill payers only.

Calls recorded. Ent.only. Reg.by Phonepay+.Inveroak help:0845 0504380



Individually crafted sterling silver
ANGEL AMULETS

Attune with the unconditional,
love and support of your
birth angel.

Explore your soul's higher purpose



£37.99



Crystal Herbs



Crystal Herbs

Flower, Gem & Crystal Essences for Spiritual & Personal Growth

*Promoting gentle & natural
harmony at all levels of your being.*



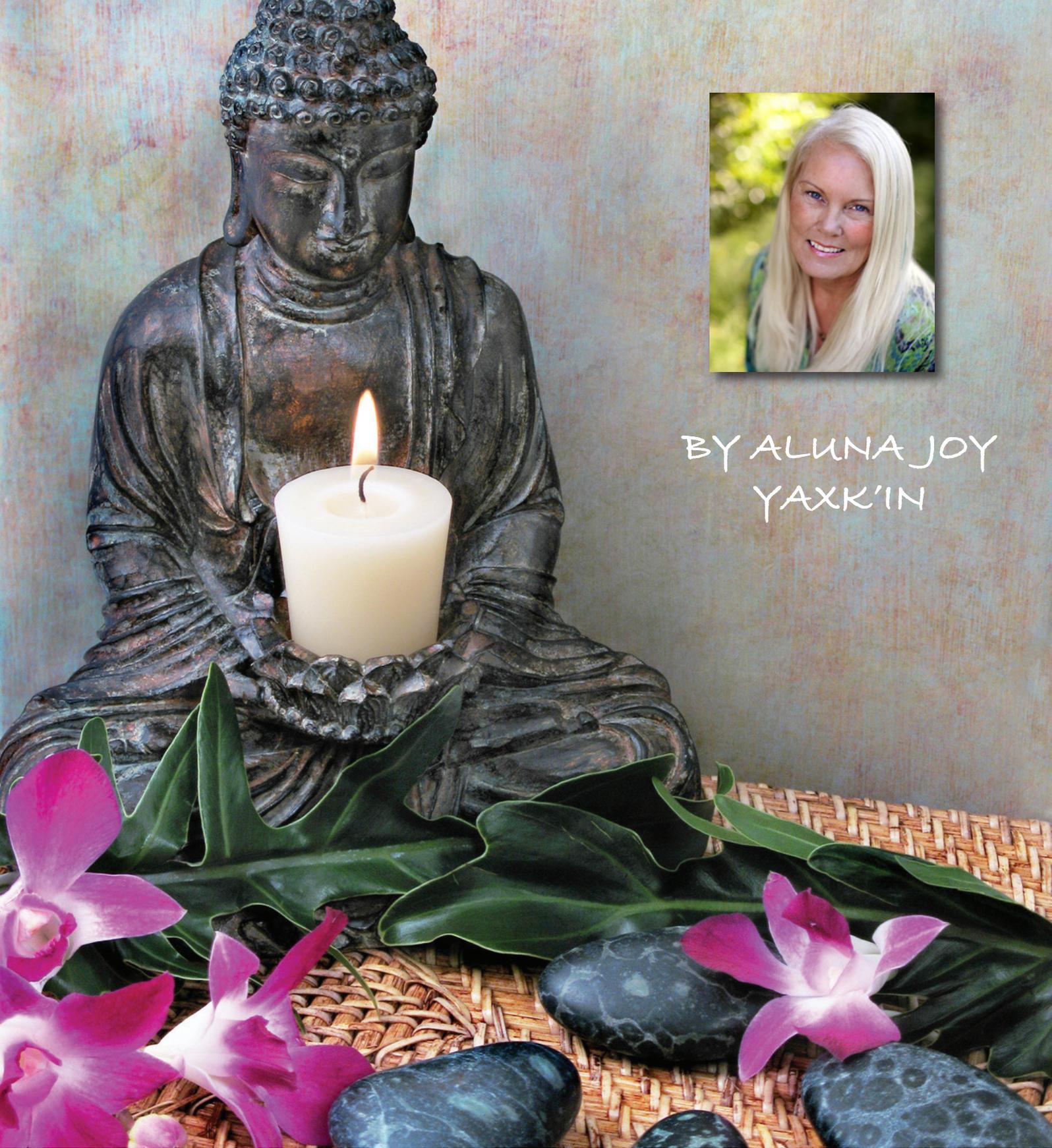
- A wonderful range of Essences handmade with Love & Care.
- From gentle acting Bach Flower Remedies to deeper acting Flower, Gem & Crystal Essences.
- Therapist & Practitioner Discounts

*...helping you to move beyond
your limitations & discover your true potential*

www.crystalherbs.com | 01379 608059

Place an order, request a free catalogue or call for help or advice

Crystal Herbs - Your Flower Essence Shop & Resource



BY ALUNA JOY
YAXK'IN

THE TRANSMUTATION OF SEPARATION

Solstice, 21st December 2015

Could current horrific events finally flush to the surface the insanity of separation once and for all? Can we co-exist?

I HAD THE BLESSED OPPORTUNITY TO SIT WITH the Buddha Relics recently. (For more information on Buddha Relics see www.maitreyarelictour.com). I cried in the presence of such great unconditional love. I searched for answers to the building fear, pain and separation in our world. The answer I received was in a vision. I saw these dedicated ones, that go all the way back to a time before Christ. They were continually holding the space of loving kindness, knowing they would never see the result of their life's work. And when I asked what gave them the strength to do this their entire life, they showed me that there has always been separation, hate, anger and unthinkable barbaric acts in the human family. Then I asked how they endured such atrocities, and they showed me that they were holding a great light upon Earth so those who come after them could finally anchor it for all time. They didn't worry about how much time this would take, or who would actually finally get the job done. Now that is dedication, trust, and pure unconditional love. They held tight to a bigger picture. And the question arose in me... "Are WE those who will complete this job?"

"You may never know what results come of your action, but if you do nothing there will be no result."

Mahatma Gandhi

As I sat there in front of the energy of holy greatness, I watched a lot of things that washed across my consciousness. It reminded me of who I have always been at the core, and what I came here for. Even as a child, I knew this was the life that big things would take place. I know many of you reading this feel this too.

I continued to sit with the Buddha, and as I watched their responsibility being passed on to us (and to those reading this), I began to feel the weight, grief and frustration in our current world situation. I also felt the power of great love to endure it and maybe even cure it once and for all. This is our work now. There is no path to follow, because we are now the path. The path we create now can end separation and bring peace that will last for generations to come.

The Star Elders say... "A wall of fear and anger is being aggressively built on the Earth at this time by the ones who would like to see you not complete your ascension. It will take some great activity of light to penetrate this energy field that is pitting one people against another; one religion against another; one race

against another; one country against another, etc... The biggest wall at this time that keeps humanity from becoming ONE, united and peaceful is the separation created by prejudice."

As a child, people that were different than me were the most fascinating people to me. Racism or prejudiced thoughts never entered my mind. When I became more aware of others' opinions, I was stunned, shocked and surprised by people's judgements and fears of those that are different than they were.

By the time I was in 5th grade, I was a little and annoying human rights activist. I had a friend in the same grade as me named Stanley. Let's say he was intellectually challenged, but I didn't care. I loved how he saw the world and how he didn't have judgements or anger; he had love. Most kids didn't like him, because he was different. One day we were out on the play ground, and out of the corner of my eye, I saw a group of kids gathering and one kid was about to throw a ball at Stanley. As the ball flew, I leaped up and stopped the impact to Stanley's head. My wrist snapped. The next day I was waving my cast around the playground preaching about being nice to each other. The offending kids were sheepish and embarrassed and of course didn't like me much for making them face their bully mentality. I guess I missed my calling as a gospel preacher. The message is this... Do I remember the kid who threw the ball? Nope! Do I remember the kid that I saved from a possible concussion? Oh yes. And most of all, was the price I paid worth it? It certainly was!

Then there was my grandfather. He was an amazing man, and I was fascinated by his grace and nobleness. My grandmother was an amazing person as well. But before I was born, they were forced to join the KKK in their small town in the mid-west, otherwise no one would come to my grandfather's barber shop, and he would be ostracised from the community. They were forced to take sides even though it was not true to their hearts. I learned from this story to never let anyone (like current corrupted mass media and internet) turn us against another innocent human being. We are all children of God.

Are we being brain washed by the mass media's tainted agendas about politics and world affairs... infused with fear regarding a multitude of things including concerns about groups of radicalised crazy people? I think it was Mahatma Gandhi that said "We can't fight a sane war with an insane opponent". So let us, humanely immobilise these insane ones, the few monsters that have lost all sight of all their humanity and are making our whole world blind to

our humane-ity; thus building this wall of fear that is keeping us from manifesting our divinity.

When I took my first trip to Egypt, I purposely didn't study anything as I wanted to enter the sites as a little child... innocent. It is the best way to take a sacred journey. I had no preconceived notions about the history or the current culture. But neither did I understand the impact that other religions had on this area a long time ago. As I walked through temple after temple, I began to notice many of the faces of the various Gods had been chiselled off. I asked my local guide about this, and she said without prejudice, anger or judgment, "Oh... the Christians did that when they came here". Just so you know, she is Muslim, and I was raised Christian. I was ashamed and wanted to learn more!

Most people do not understand...that the Quran was also studied by early Christians and Jews, before it was standardized. The Quran recounts stories of many of the people and events recounted in Jewish and Christian sacred books, although it differs in some. Ishmael, Isaac, Jacob, Joseph, Solomon, Elijah, Jonah, Moses, Zechariah, John the Baptist and even Jesus (among many others) are mentioned in the Quran as prophets of God. In fact, Jesus is mentioned more often in the Quran than Muhammad, and Mary is mentioned in the Quran more than the New Testament. (https://en.m.wikipedia.org/wiki/Quaran#The_Bible)

So our lineages do come from the same source.

"God has no religion." Mahatma Gandhi

What breaks my heart is that after 2000 years, we are still fighting the same holy wars with those whose roots are the same as ours. We all agree... radicalism and extremism in any form is out of balance. It is an extreme form of separation and is certainly not based in love. No good comes from hate and anger; nor does judgement and prejudice. These emotions separate us. Separation is painful to the soul, and what is separated and is out of balance for a long time eventually becomes angry and insane. Terrorism and war is insane and is an extreme form of separation. This angry monster labelled terrorism goes way beyond any religious boundary, colour of our skin, social status or educational level. There are good people everywhere. We must only look to each one's heart to know who they really are. We are one, humanity.

But this is the world we are in now. We created this separation, so we must fix it. Yet we cannot take insane action and expect a sane result! There is no more important time than NOW. The world and all of humanity needs our love. It is time to feel,

act and live from LOVE at all cost. Throw up your hands to stop bombs of all kinds that hurt innocent people! Is it worth it to you?

"You must not lose faith in humanity. Humanity is like an ocean; if a few drops of the ocean are dirty, the ocean does not become dirty."

Mahatma Gandhi

"When I despair, I remember that all through history the way of truth and love has always won. There have been tyrants and murderers, and for a time, they can seem invincible, but in the end, they always fall.

Think of it – always." Mahatma Gandhi

It makes me wonder, what if my grandfather had stood up and said being prejudiced was not God like? Would his actions have caused the separation to narrow a bit in his day? And how many people would have joined him if he took a stand? Who knows what kind of wave he/they would have created.

Well, I am praying for a big wave of love that puts an end to the insanity of separation and prejudice. In fact, I AM asking for a tsunami! And I am asking you to join me. Because if we don't work to anchor love over fear, then we have to ask ourselves what is the point in our beliefs? If we don't move beyond mere positive attention and begin to take physical action out in the world, then what manifests next will be something that we participated in by default.

I send you blessings for this powerful solstice, and I now place out in the world the strong intentions for a peaceful 2016. The ancient ones hope you heard this message.

Aluna Joy

Inspiration from Dr. Martin Luther King:

"Darkness cannot drive out darkness; only light can do that. Hate cannot drive out hate; only love can do that."

"There comes a time when one must take a position that is neither safe, nor politic, nor popular, but he must take it because conscience tells him it is right."

"Our lives begin to end the day we become silent about things that matter."

© Aluna Joy Yaxk'in. A Star Messenger, Earth Oracle, Soul Reader, Sacred Site Junkie was literally born awake and in the company of her guides, the Star Elders. She is an author, spiritual life coach, sacred site guide, alternative historian, ordained minister and modern mystic. She offers Star Elder Sessions, formulates Sacred Site Essences and publishes a free newsletter. She is the author of 'Mayan Astrology' and her articles have been published worldwide.

Website: www.AlunaJoy.com



Karen's Healing Works

Animal Reiki

It is gentle, painless, non-invasive and stress-free.

Natural balancing energy work for stress, hyperactivity, recovery from injury or surgery, arthritic aches and pains, cholic and lots more.

If your pet is suffering give me a call to arrange a **FREE** consultation.



Karen Canfield
Animal Reiki



Mobile: 07979 380601
Telephone: 01252 325 280

Karen's Healing Works

www.karenshealingworks.co.uk



10 WAYS TO RECOGNISE A SOULMATE

An excerpt from *The Karma Queens' 'Guide to Relationships'*
by Dr. Carmen Harra, PhD & Alexandra Harra

THROUGHOUT MY CAREER, I HAVE SEEN EVERYTHING from couples who married their childhood loves to people in their retirement years who still struggle with commitment issues. Most of us fall somewhere between these two extremes, meaning that we experience several relationships before finding the person we believe to be our perfect pairing. Whether you're currently married, in a relationship, or contemplating entering a relationship with a new love interest, it is crucial that you know what role this person will play in your life. After all, there's no avoiding the inevitable, often uncomfortable question we must ask ourselves: Is this the person I was bound by destiny to share my life with? Or did I settle too quickly into a relationship with

someone who can never complete me? Answering these questions honestly can be hard without a bit of guidance. There are 10 signs that indicate a soulmate bond (or a lack of) between you and your partner.

1. You just know. Describing how a soulmate makes you feel is difficult. It's a tenacious, profound, and blissfully lingering emotion that no words can encompass.

2. Flashbacks. If your partner is your soulmate, chances are he or she has been present in at least one of your past lives. Soulmates often choose to come back together during the same lifetime and

scope each other out in the big world. You might suddenly and briefly experience flashbacks of your soulmate. You might even feel an odd sense of déjà vu, as if the moment in time has already taken place, perhaps a long time ago, perhaps in a different setting.

3. You just 'get' each other. Ever met two partners who finish each other's sentences? Some people call that spending too much time together, but it's the sign of a soulmate connection. You might experience this with your best friend or your mother, but it is the telltale sign of a soulmate when you experience it with your romantic partner.

4. You fall in love with his or her flaws. No relationship is perfect, and even soulmate relationships will experience ups and downs. Still, that bond will be much harder to break. Soulmates have an easier time of tolerating, even learning to love, each other's imperfections. Your relationship is more likely to be a soulmate match if you both love each other exactly as you each are, accepting both the great and awful tendencies we all have.

5. It's intense. A soulmate relationship may be more intense than normal relationships, in both good and sometimes bad ways. The most important thing is that, even during negative episodes, you're focused on resolving the problem and can see beyond the difficult moment.

6. It feels like 'you and me against the world'. Soulmates often see their relationship as 'us against the world'. This doesn't mean they isolate themselves from others, but that they feel so linked together that they're ready and willing to take on any feat of life, so long as they are at each other's side.

7. You are mentally inseparable. Soulmates often have a mental connection similar to the kind twins have with each other. They might pick up the phone to call each other at the exact same time. They often can intuit when something is wrong with the other, even when they are miles apart. Though you may be at a distance, your minds will always be in tune if you are soulmates.

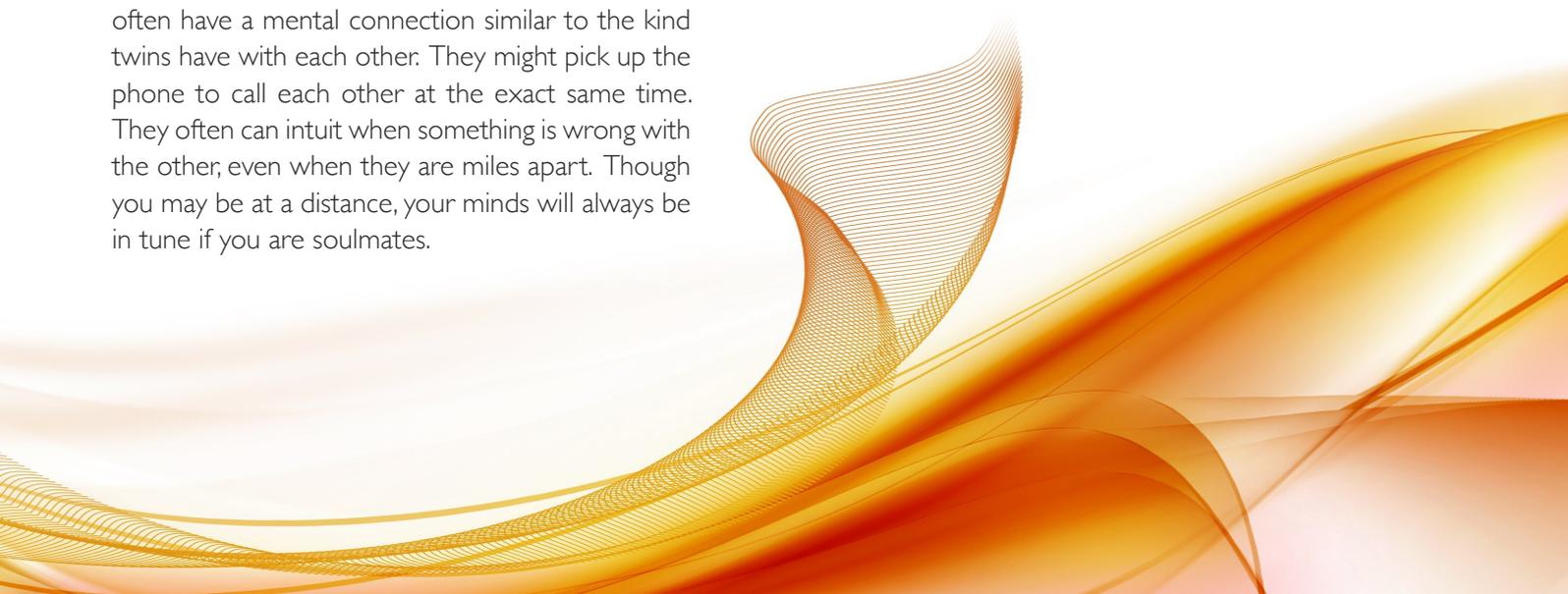
8. You feel secure and protected. Regardless of the gender of your partner, he or she should always make you feel secure and protected. This means that if you're a heterosexual man, yes, your woman should make you feel protected, too! Your soulmate will make you feel like you have a guardian angel by your side. A person who plays on your insecurities, whether consciously or subconsciously, is most certainly not your soulmate.

9. You can't imagine your life without him (or her). A soulmate is not someone you can walk away from that easily. It is someone you can't imagine being without, a person you firmly believe is worth sticking with and fighting for.

10. You look each other in the eye. Soulmates have a tendency to look into each other's eyes when speaking more often than ordinary couples do; they almost 'read' each other this way. It comes naturally from the deep-seated connection between them. Looking a person in the eye when speaking denotes a high level of comfort and confidence in them.

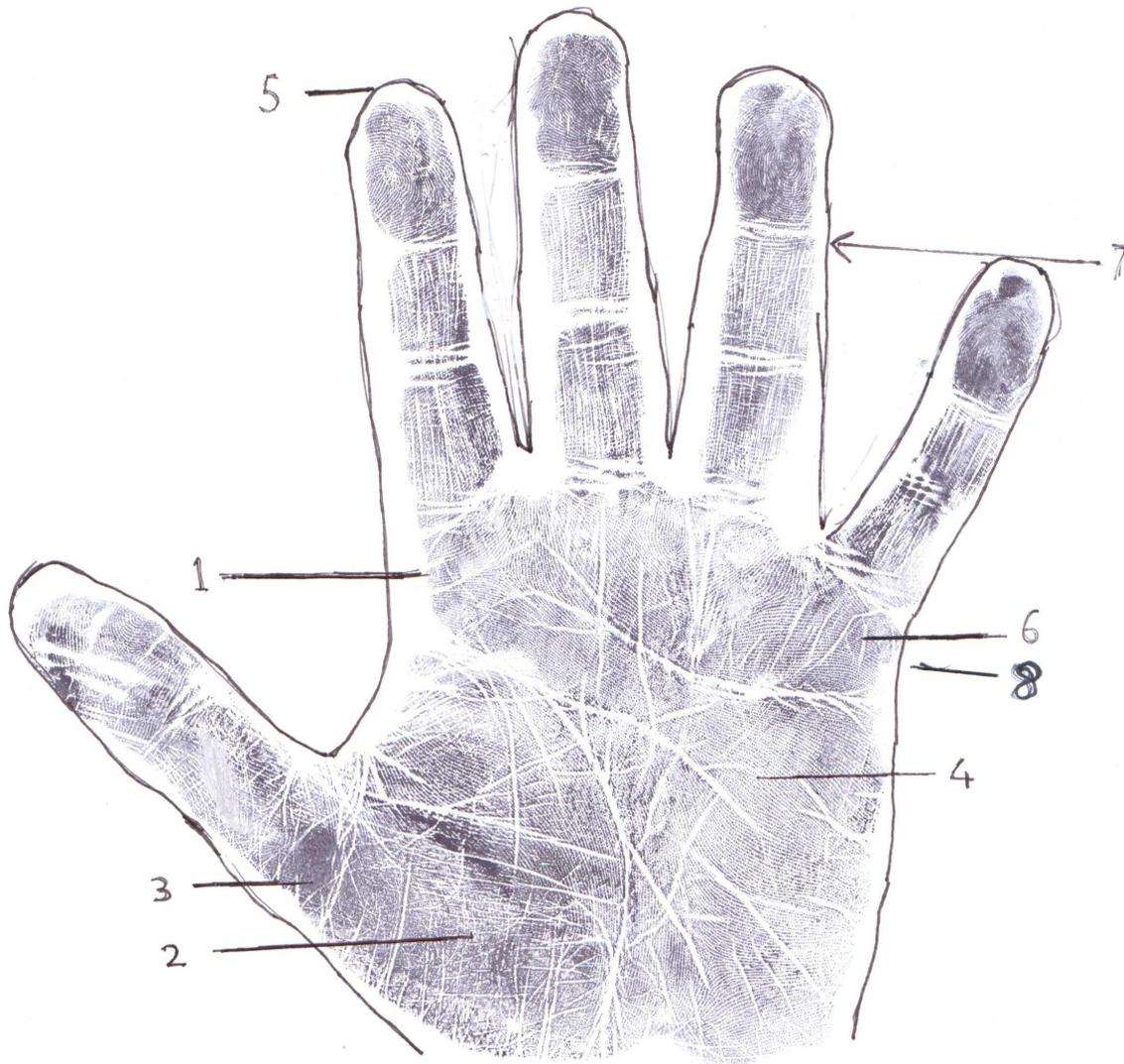
Carmen Harra, PhD, is a licensed clinical psychologist, intuitive counsellor, and author of seven books, including 'The Karma Queens' Guide to Relationships' and the bestselling 'Everyday Karma'. Her daughter Alexandra Harra is a certified life coach, and a regular contributor to The Huffington Post and to RelationshipHeadquarters.com. Carmen says there are practical ways to meet the challenges of resolving the karma that causes our relationships to become complicated and painful. In their new book, The Karma Queens reveal the secret to transforming the karma in all of our relationships with lovers, spouses, family and friends.

For more information, visit www.CarmenHarra.com and www.Penguin.com





PALMISTRY



FINDING YOUR SOULMATE

BY T STOKES

THE IDEA OF SOULMATES COMES FROM THE THEORY that we were split from our other half when we first began to incarnate way back in time, and to be complete our mirror image/other half/opposite sex must be found. I think during our lives we may have several soulmates, and spiritual experts say that for some their soulmate will remain un-incarnated and just be a spirit guide, but the feeling of love and connection is always present.

The deep need for love is intrinsic to us all, it is inbred from day one, and little babies, children and even grown women, when deprived of it will exhibit certain unwholesome symptoms, known to psychologists as 'a failure to thrive'. Experiments done in the USA in the 60s under Project Monarch

showed babies who were kept warm and fed but with no love or comfort touching, just faded and died. Dr. Spock, the psychologist who advocated no love for children, was often parodied for being from another planet and having no emotion in the famous *Star Trek* TV series.

Men being primarily physical creatures have their needs in the physical realms, whereas women being primarily emotional creatures have their needs in the emotional arenas, and much has been written recently on what happens to nuns and priests who are denied healthy outlets for this sacred energy.

The German philosopher Nietzsche said; "Deep down the real man needs two things, danger and play, what can be more appropriate than woman, the most

dangerous of playthings” and men do get badly hurt, the emails in my weekly postbag testify to this, but as Ralph Waldo Emerson said; *“What lies behind us and what lies before us, are tiny matters compared to what lies within us”*.

The need for inner peace, warmth, care and love is vital to us all, and to the question *“Am I my brother’s keeper?”* my reply would be *“yes we are, and our sisters and neighbours too”*.

People come in all shapes and sizes and so do their needs and desires, but often what we need is different to what we want. The hand is an infallible guide to the person we should be with, we have all heard the saying that opposites attract, but studies show that those similar to us are much more preferable, same goals, same opinions, same ambitions, same romantic infrastructure, and even same culture and born in the same general area. Compatibility cannot be measured with opposite personalities, only with similar – apples don’t go with oranges or bananas, but with other apples.

Many people search far and wide for what should be under their nose. Researchers say a good relationship is based on just two things: honesty and communication, but in his landmark book *Games People Play* Eric Berne showed just how difficult it is for some people to communicate honestly both with themselves and with their partners. Women can multi-task physically and mentally and they often don’t see that men think in straight lines, and can’t cope with game playing. That’s why men like women who are honest and blunt about who they are and what they want. The old song *Why Can’t a Woman be More Like a Man?* has much meaning for men – such nonsense as playing hard to get or making someone jealous, just builds frustration, anger and resentment.

Women particularly are into controlling games, and intimacy nervosa is when they can suddenly shut off and don’t communicate, verbally, emotionally or physically. This will just anger your man, so always talk and tell him straight even if it’s bad news for him; remember the experts’ guide ‘honesty and communication’.

The women’s activist Germaine Greer claimed that tastes in love and sexuality went right across the huge spectrum of human experience, and all this shows within the palmoscope.

Plato said *“every heart sings a song, but incomplete, until another heart sings back”*.

Alas, many people, especially those brought up

in very religious communities, do not know who they are sexually. A good partner will allow the talking through of any difficulties. Experts say most problems between the sexes are due to men being instant, and women often need gentle handling and as much warming up as a much-loved old vintage car.

Carl Jung the great psychologist spoke of the Anima and Animus, the male and female counterpart and opposites inside us all, and this Anima being the inner female aspect of the male will show us what kind of woman the man needs and vice versa. The woman’s Animus will show in detail the image of the kind of man that is in her innermost dreams.

A quick check of the hand will tell of the chakra through which sexual release will come, with women it’s usually the higher ones, and with men it’s usually the lower ones. The higher the chakric activity here the greater and longer the pleasure, and the spiritual nourishment from sharing a partner’s climax is deep and very healing, which is why studies show the second most desired characteristic in men is some sort of spiritual basis to the life, in what is now called EQ or emotional Intelligence.

The medium Violet Firth who wrote her classic books under the pen name of Dion Fortune, said in her landmark book, *The Esoteric Philosophy of Love and Marriage*, that sex outside of a loving supportive relationship was almost meaningless, and that when the positive and negative loves of man and woman come together in the sex act, the repercussions exist within the aura for 7 years.

So what signs should you see in the hands of your ideal man?

I browsed through hundreds of handprints in my collection to pick out this one which represents everything a woman should have.

1. A long curved masculine heartline. This ends in 3 equal branches, known as a ‘trifork’ and in India as the Sign of the Temple, giving 3 aspects: a healthy physical response, an altruistic spiritual outlook and an understanding nature, and it must be unbroken and smooth to show emotional flow.

2. The Mount of Venus. This is the thumb pad which must be firm and high, ancestral memories and past loves show here, along with the stamina and continuity to be a real lover and not a couch potato, firmness here shows physical ability and drive.

3. The thumb chain, or family ring. This should

be a series of unbroken equal bubbles round the thumb base, Indian studies show. This is the mark of a family man, the bubbles or islands representing children in the family, which may not be his, but a good family man all the same.

4. The forked end to the Headline. This gives the ability to see other people's points of view and breadth of vision and opinion; this is the mark of the author, counsellor and mediator. A broad-mindedness always goes with this mark, called in both Christian and Tibetan palmistry The Sign of the Fish as the fork is like a fish's tail, it gives the ability to see things from another's perspective.

5. The tip to the first, or Jupiter finger should equal the third finger in length, showing balance. Studies by Prof. John Manning of Liverpool University found that most men had a slightly longer Ring finger; meaning they would love competitive sports. No woman likes to play second fiddle to men kicking a ball round in shorts. This balance is between the Ego finger and the finger of Love is essential for the confidence in smooth relationships, a very short index means lack of self confidence.

6. These four lines under the Mercury finger, or finger of communication, are called Samaritan lines and show a healer, or carer, of people and animals. A woman needs to know, when she is laid up in childbirth or whatever, that her man is beside her and not down the pub or playing sport. When seen with a long, straight, little finger and a forked heartline, as shown, this is a man who can verbalise his feelings – not all men can.

7. The tip of the Mercury finger should reach the top crease of the ring or Apollo finger; showing an ability to express feelings and to understand his emotional/sexual identity. This is not a selfish man, but a sharer of responsibilities, fun and pleasure.

8. These small lines that enter from the palm edge tell of the karmic loves in a life, and these can give more detail with the heart and head lines and dated with the lifeline. The many lined hand such as this is called a 'full hand' and shows someone with sensitivity and a knowledge of the finer feelings and things of life. The long stiff thumb shows a 'sticker': a man who makes up his mind and does not change it overly.

Remember, both hands must be considered together; not just one as in these articles. The shape of the hands should mirror your own as far as possible, and the only drawback to this perfect hand is the central section to the little or Mercury finger, which is very thin. This is a sign of an attachment disorder; and shows abandonment fears from infancy; this man would not be good at letting go.

Happy Palmistry!

T Stokes has read people's lives from their hands from all over the world, through email or posted hand photos.

<http://tstokes.moonfruit.com>

Further Reading:

Women Who Love Too Much by Robyn Norwood

Man And His Symbols by Carl Jung

The Invisible Partners: How The Male And Female In Each Of Us Affects Our Relationships by John Sandford

The Esoteric Philosophy Of Love And Marriage by Dion Fortune





BY ELIZABETH FRANCIS



LETTING GO!

I DO NOT KNOW HOW MANY TIMES I HAVE BEEN ASKED by Spirit to tell my clients it's time for them to let go, because the times are too numerous to count. However, the measure of how difficult letting go is can be found if you ask yourself how many times have you been told that in order to move on, you need to let go? It is sound advice because it is true, you can't move on unless you let go. Being true though doesn't mean that it is easy, nothing complex is easy, and for many, the process of letting go is complex.

I say 'for many' because there are individuals who, for one reason or another, don't have much of a problem with letting go, it is easy for them and so they move on. There are many reasons for this and one of them is that they are less emotionally attached to the goings on in their lives. It has been my experience that only those who are more emotionally attached to, or invested in, living their lives, that have a far tougher time disengaging themselves from an event that caused emotional pain.

If you boil it down to its simplest state of being, what causes us emotional pain is loss itself, which seems ironic. In order to understand the complexities of letting go, you must first ask yourself a really difficult question, which is "did you ever have what you are being asked to let go of?"

When it comes to the great loss, which is that of a loved one, your initial response will be "yes of

course", he or she was mine, my mother, my father, my brother, sister, my friend, my pet. What is often forgotten in relationships is that no person or animal is an object, and therefore, another cannot own them. Therefore, the emotional connection you have with that person is a shared experience. Letting go, means that you are being asked to release yourself from a shared experience that no longer exists, because the physical representation of your loved one no longer exists on the earth plane.

He or she has reverted back to their spiritual Light-Being state; they are patiently waiting for you to let go of their physical memory so you can both start to build a different type of relationship. One where your friend, mother, husband or child is actively working with you in Spirit, whilst you continue on the earth plane. These spiritual relationships can play a major role in recovering from grief and are very rewarding. This is because letting go frees up both of you to start your next respective phases of spiritual evolvment, with he or she in Spirit, and you on the earth plane. You may feel it is impossible to do this for yourself, but for their sake, you will be able to do it for the one you truly loved – how could you not?

If you fail to feel relief after releasing yourself, it will be due to muscle or body memory. For those of you who are more emotionally attached to your lives, it is important to remember every cell in your body responds to severe emotional loss and that can produce traumatic pain. Your body remembers

this response because that is what bodies do; they remember what affects them so that they can better prepare themselves should it happen again.

In other words, your body and your subconscious mind remember, while your conscious mind can, with time, allow the memories to dim. This dimming is often referred to as forgetting, but I personally am of the opinion that we cannot forget some experiences. All we can do is to learn to live with them whilst we allow time to do its work. Loss becomes easier to bear when the process of letting go is underway, and you find yourself unwittingly moving on.

However, it is far harder to erase the memories held in the body. Every time you meet a situation that is similar to, or reminds you of that which caused the trauma, your body remembers and responds as it did at the time of the loss. The upshot of this remembrance is that you find yourself suddenly bursting into tears, or feeling upset, but you don't know why. There are several therapies that are available to help release body memory; massage, kinesiology and EFT to name but a few, as well as certain rituals. It is important to remember though that we are all different, so if one technique doesn't work, try another, but within reason. You always have to first question whether you really want to let go, if in your heart of hearts you don't, and this has nothing to do with being ready or not, all the therapies and rituals in the world will fail you.

I call the losses that do not involve death, lesser losses because you can start again. These are loss of a job, a property, business, custody of a child, health and divorce etc. Lesser losses carry their own trauma in their own right, but due to the fact, you can start again there is no permanent loss as there is with death. Again the more emotionally attached you are to whatever it is; the harder the loss will hit you. Although body memory still applies, with lesser losses you can look at things from a slightly different perspective and this new perspective can speed up the process of letting go and moving forward.

Like greater loss, lesser losses are tied into a lack of communication with your conscious and light-being state, and the concept that in your light-being state you chose every event you experience in your life before you were born, both positive and negative. Few of us remember what it is we choose for ourselves in any given lifetime. If something is taken away from you, it will be because your Light-being state chose to do one thing, and your

conscious self decided to do something else. This disparity is caused by the fact that you have free will when on the earth plane, coupled with the fact that when constructing your present life you can't remember what you chose when you were in your light-being state.

Therefore, lesser loss can be seen as an unwanted opportunity. Because of the lesser loss, you are free to choose another career; relocate, improve the relationship you have with your child, find a more suitable partner; or when it comes to health, remind yourself the importance of looking after yourself.

Last but not least is the loss that occurs when what could be is denied to you. This type of loss is associated with dreams that have been dashed. Such dreams are never meant to be, but you won't feel like that at the time. It occurs when we don't get what it is we think we want, because we always get what we need. Examples are failing to buy a house you wanted, getting into the university of your first choice, not managing to date someone you really like. Although this type of loss is trivial when compared to the greater and lesser losses, nevertheless they leave a marked impression upon our emotions. Body memory isn't involved, but resentment keeps the loss alive in your mind memory. For some, failing to live their dream can cripple them. So how do you let go of something you never had. It seems the only way to meet this type of loss is to put your trust in your light-being state, for it holds the big picture of your life, in which everything makes sense. By doing so you can accept the loss and resentment dissipates, thus releasing you and enabling you to discover what better suits you. When such action is taken, you will be placing yourself in a position where you can look back and say to yourself *"thank heaven my dreams were dashed because if they were not, I would not have got to where I have now"*.

The alternative to acceptance and letting go is to live an unfulfilled life, not able to meet your true and full potential, whilst your resentment eats you away.

If you want to know more about your relationship with Spirit, please visit my website where I offer past-life readings as well as a number of services that you may find helpful when dealing with an issue regarding psychic abilities.

www.elizabethfrancis.co.uk



ARE YOU AWAKE?

BY ELAINE SPEAKMAN



HAVE YOU EVER BEEN SOMEWHERE FOR THE VERY FIRST time, yet felt somehow that you have been there before?

Have you ever met someone for the first time, yet found you were so comfortable with them that you could have already known him, or her, all your life?

Have you ever found yourself in a situation where you thought you knew what was going to happen next, even if it then did not?

Have you ever found yourself stood watching yourself do something?

Do you know instinctively that there is more to life than science can provide an explanation for?

If you have answered yes to one, or some, or all of these questions, then the Self within you is already stirring.

WHAT IS THE SELF?

According to Buddhist teachings, there is no Self. All that you are experiencing in your answers to the questions is the effect of your senses working together, creating an identity called 'me' that does not really exist. That may be correct, but ask yourself who is it that thinks about 'me'? Who is it that is aware of what 'I' am feeling? Could it be a quiet presence behind your thoughts and feelings? A presence that somehow knows things that you don't?

Other people may call it your soul, your spirit, your essence, your vital force, or even just the 'I'. The labels do not really matter, but for ease of writing, in this book it is called 'the Self'. Notice that it is not called 'your' Self, for it is my belief that not only does it not belong just to you, but that it also belongs to all of us and in addition, that we all belong to it.

This is a very big concept that is hard to comprehend, or to describe to others. Mankind developed words to describe things of the earth. What is meant is something bigger, something that has to be experienced before you can understand it and which cannot be fully described using words. Think about how a song, or a poem or a beautiful sunset somehow 'lifts' you. It should show you the possibilities of the Self.

The Self gives you your sense of 'me', the being that feels and thinks and hurts inside, that experiences things that others cannot. The Self is the non-physical you, which can often be felt physically at times of great loss or great passion, when you feel as if you are being torn apart or uplifted. The Self is the quiet voice that you never hear until after the event, when you say 'I knew that something was not quite right, I wish now that I had paid more attention to my feelings'.

NOT EVERYONE IS AWAKE

If you answered yes to one or more of the questions asked at the beginning of this article, then unfortunately you may already have been called

odd, eccentric, mad, 'off the wall' or 'out of your tree' by other people. Many hurtful names are often directed to those of us who have become aware of the Self, by those who have no idea yet of what we are experiencing. You may often hear or read about them being described as 'sleepers', as opposed to those of us who have 'awakened' to our awareness of the Self.

Each person becomes awake to the Self in a unique way when, and only when, the time is right for them as individuals. There do not appear to be any hard and fast rules as to when that might be. The people who may call you names are just not awake yet. Be patient with them. In the words of a very famous prophet, "They know not what they do".

BE ASSURED THAT THEIR TIME WILL COME

It is often a painful realisation, when you are experiencing such strange and wonderful things, that it is difficult and sometimes impossible for those whom you love to understand what is happening to you. Those close to you may feel threatened or abandoned as you embark on a journey of exploration with the Self that they cannot make with you. Be aware that personal relationships can suffer and your partner may become hostile to the changes taking place both within and around you. As you awaken to the Self, you will begin to change; there is no doubt about that. Religious terms such as 'seeing the light', 'scales falling from eyes', 'being lifted from the darkness' all refer to the transformation that an individual experiences when they become aware of the Self. When it happens to you, you will understand the feelings behind the words and know the truth of them.

A practising spiritual healer, Elaine describes herself as 'a poet by instinct and a writer by hard graft'. She is co-founder of Ramsbottom Writers Circle and is currently working on a novel. When not at her desk, she can be found wandering around with camera and notebook in hand seeking inspiration from Mother Nature.

Her website address is www.starspeakman.com and she also blogs on Wordpress as 'starspeakman'.

'The Simple Path' can be purchased from http://www.lulu.com/spotlight/Elaine_Speakman

RADIANCE OF BEING



~ an extract from *Radical Awakening*.

BY AMODA MAA

IT WAS THE WILLINGNESS TO OPEN MY HEART TO everything – including the darkness of suffering – that allowed the radiant luminosity of being to reveal itself in my life. It was a radical awakening which changed everything from the inside out. In the beginning, it stripped me bare of any structures in my inner and outer world that did not serve this awakened consciousness. Psychological defences were seen through and collapsed, relationships and friendships based on co-dependency dissolved, and mental distractions simply stopped. At the same time, a deeper purpose to the creative flow of my ‘work’ in the world revealed itself, and any action not in alignment with this new purpose rapidly fell away. Later on, this radical awakening gave birth to my book, *Radical Awakening*, and to my teaching.

It all happened unexpectedly in the midst of my everyday life whilst living in the busy metropolis of London. I wasn’t looking for enlightenment or liberation or even happiness; the search had stopped a long time ago. But life had brought me to the edge of an inner barren landscape, an existential void that threatened to engulf me in its darkness. I recognised this as something that had haunted me as an adolescent and young adult, and which I had invested a lot of energy in avoiding. This time, I seem to have had no choice but to stop running away and turn towards it. It happened in two parts (within a few weeks of each other, although I didn’t really connect the two experiences until much later).

The first part came as a visionary experience that spoke to me personally and also gave me the keys to the transformation of humanity’s suffering. In this vision, I am walking through the Valley of Death, a landscape so barren it is devoid of all hope. Surrounded by hungry ghosts and tortured souls, a cold darkness creeps into my veins and my body feels heavy with the suffering of all humankind. All I want to do is lie down and die. As the flame of life flickers one last time in the centre of my heart, I look skywards as if to say: “*Thank you for my life so far, now it is time to go.*” But just as I am about to shut my eyes forever more, I see a faint glow in the distance... like a dream of a brighter future. But this is no dream: my eyes are wide open. Rooted to the spot, I watch in disbelief as the light spreads before me like a carpet. I summon all my strength and prepare to wearily climb the golden steps that appear in front of me. I am amazed how light I feel. “*I have died and gone to Heaven!*” I shout. But the steps are real and I have to keep climbing without looking back. With each footstep I become increasingly humbled by this state of grace, for I have become a Child of God.

When I arrive at the top and stand at my Father’s feet, I am innocent and naked as a baby. There is nothing to hide. I climb into His lap in such a state of humility and surrender that I am ready to die once more for this love, to sleep sweetly in His arms forever. But no sooner do I lay down my head

than I merge with Him completely. And in doing so, I achieve the Sacred Union in which I am Him. And in that same instant, I am also His Consort, the Holy Mother who sits by His side. From my womb springs a Golden Child and from my breasts flows the Milk of Human Kindness that creates an eternal river to ease humanity's suffering. And, in time, the Valley of Death becomes the Land of Milk and Honey... a true Paradise here on Earth.

What this vision says is that the journey of transformation means becoming naked. If we want to move towards the light, we need to stop hiding behind the mask of ego and become as little children, ready to bare ourselves completely. Walking on our path through life with the innocence of an open heart is the only way to transform our suffering. And this means steadfastly taking one step at a time. It's something we need to do as a day-to-day, moment-to-moment practice. It's not easy, because fear pulls us back. It requires us to stay resolutely present without looking backwards or forwards. What this means is that we neither give in to being a victim of the past nor do we grasp for some imaginary goal in the future. Ultimately, it means sacrificing our ego on the altar of God.

Whilst this visionary experience was profound and had enormous ramifications on my relationship to every aspect of my life, it wasn't until the second part, that the undeniable realisation of awakensess was integrated into my cellular being. There was a moment as I was sitting on the couch in my small one-bedroom apartment – which I still remember so vividly today – when an incredible terror arose; it was as if I was absolutely alone in the whole of existence, like a microscopic pinprick of 'something' hanging within the infinite vastness of 'nothing'. For the briefest of moments, the belief that I had been abandoned by Life/God/the Creator flashed through my consciousness. And in the same moment, I saw with incredible clarity that this belief had always been with me as the 'core wound of separation'. I saw how my mind created defences, distractions and contortions in order to avoid facing the horror of this abandonment. But instead of turning away by getting up to make a cup of tea, or reading a spiritual book (my two most common strategies), I somehow recognised that this time there was no denying the fact that the void of nothingness was right here in my experience of this moment. And so I chose to give myself to it totally.

The surrender was absolute: I surrendered all fear and all hope, I surrendered all imagination of how things should be and even the idea that my life

as I had known it would continue in any way at all. I was 100 percent willing to be extinguished and absorbed into an eternity of unknown emptiness. And so, I fell into the dark abyss of being without a safety net. But to my surprise, this was not the end of it! Not only did 'I' dissolve into emptiness but, simultaneously, 'I' merged with the totality of existence. And this was experienced as the fullness of love. It was a psychological death, a liberation of self from the knot of ego.

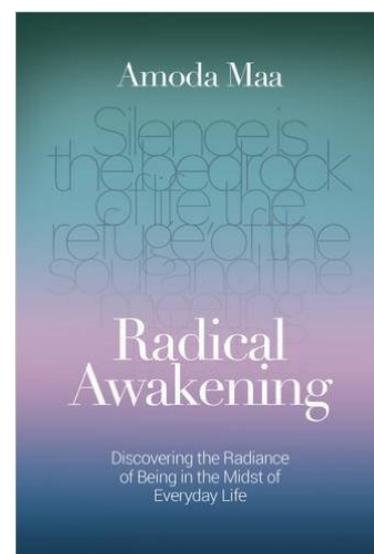
From that moment on, there was no more story of separation and I was no longer a victim of life. In the torchlight of awake awareness, all that remained was the translucency of being, an unbounded spaciousness that allowed an ever-deepening unfoldment into inner silence. This silence is today experienced as a non-dual awareness that embraces both the mystery and mess of the human experience. It is a radical awakening because it has included everything. Not one vestige of inner division can survive when 100 percent allegiance is given to the fire of truth. The ever-changing nature of life is fully lived and yet the unchanging radiance of being at the core of all that is experienced is deeply recognised.

God is seen to be in everything.

Amoda Maa is a contemporary spiritual teacher and author. Her life journey has taken her from the academic world of psychological research to the search for enlightenment. Today, she offers satsangs, retreats, and private meetings to a growing global community, and is a regular guest speaker at the Science and Nonduality conference in the USA. She currently lives in Hastings with her partner Kavi, with whom she teaches some of her work. She is the author of 'Change Your Life, Change Your World', also published by Watkins.

Her latest book, 'Radical Awakening – Discovering The Radiance Of Being In The Midst Of Everyday Life' is published by Watkins and due to be released in March 2016.

www.amodamaa.com



ASSESSING SPIRITUAL TEACHINGS

Trance Mission Excerpts

JOSEPH
THROUGH
MICHAEL G. RECCIA



Debra: There are many channellers in the world. How can we discern who and what information is actually right?

Joseph: This is a difficult question for me and one which I have attempted to answer in the past. The short answer is **any information that is given should have a resonance with you.** It should – rather than be *thought* about in the correct way – be *felt* in the correct way.

There are many points of view in the spirit world. There are many people who would like to contact and *do* contact the Earth level of consciousness. You have to remember, though, they create their own worlds (as you will as you walk up the spiritual steps of progression) and so their perspective is influenced by the world they have created.

On the lower levels (and I do not mean 'lower' in a derogatory way) the souls who are learning to create have only their unique perspective to draw on. If they choose to create their vision of 'Heaven' that is what they have to draw on and transmit to the Earth plane.

As they lose more of their individual perspective (but not their individuality) they begin to link up with other souls and their perspective changes. They are still creating their own world but it is a world that they begin to share with others. They gravitate towards others who have the same ideals, the same perspective, the same goals. So, there is a *shared knowledge* and they begin to function as part of what they already are – which is a group soul.

That group soul, because it is made up of hundreds, thousands, millions of individuals, has a richer perspective, a richer insight into what lies beyond and what has gone before. Therefore, you find channelled information that comes from group souls comes from *elevated spirits* (and I do not mean 'elevated' in a grandiose way – it is simply a fact). They have experienced more, they have gone on further and they have a different perspective, which is not as individually biased as it would be on a lower level of consciousness.

And so you have many communicators vying for your attention, do you not? ...including those who are of a rather baser nature, who will attempt to communicate any way they can – through a Ouija board, through chaos being brought in the form of phenomena. Would you listen to them?

What is it that stops you from listening to that low form of communication?

It is your heart.

It is your intuition. It is that part of you that says, "*This is wrong!*" Similarly, when you are receiving information that resonates your heart says, "*This is right!*" ...Not your mind – your *heart* – and so you have to listen to your heart.

You also have to understand that, as your heart accumulates more experience, your perspective changes. The information given to you on Tuesday may not be the right information for you on Thursday, because your viewpoint will have elevated itself and you will have filtered out of the information those aspects that do not resonate with you.

I cannot, and will not, put down another person's point of view. Were I to do so, it would become 'The Joseph Show' – it would become Joseph's point of view only. All I can say to you, in talking about the communication that I bring through, is that I am not alone in bringing it through. I am part of a group soul that consists of millions of souls, and those millions of souls have elevated themselves to such a height that they can see certain things that the souls below them cannot yet see – they will one day, but cannot yet see. Therefore, I am presenting knowledge that comes to me in collaboration with millions of other souls who share that point of view.

Also, the knowledge that comes to me and to the other souls in the group is filtered from a higher group soul, and that group soul filters information from a higher group soul. So, we feed you information in instalments because that is how the information (apart from our own perspective) is brought to us – in instalments, when we are ready, when the heart is opened a little more.

You should always test the communication that comes through to you. You should always look at it carefully and see whether you feel comfortable with it. That is not to say, if you are discomforted by it, it is wrong – it is simply *perhaps* that you have not reached the point yet at which it will seem comfortable to you. If you feel that a barrier goes up instantly when you are reading something, or watching someone, **then take notice of your own soul telling you what you are ready for, and what you are not ready for.**

And above all, use – if you are using your physical mind – *logic*: ‘Does the information I am being given make sense?’ Does the way in which it is presented seem right? Is there the Divine in the equation? Has God been invoked? Is God in the midst of this communication? Is this communication to do with personality or spirit evolution? Is it to do with Light or is it a cult situation, or a club situation – where you are invited in, but then when you get in you are not allowed, within the dictates of that information, to consider anything else?

You are on a journey. Spiritual knowledge is a journey but you always have your own guard in your chest and you must go to that guard and say: ‘Does this feel right?’ If it does – embrace it until it feels wrong. If it doesn’t – push it away until it feels right or it may never feel right.

Do not look outside of yourself for protection in communicating with spirits, with God, with the spirit realms. Look inside – you are connected to God and God will tell you what is right, what is wrong, and protect you always if you go along that route. Is that sufficient information?

Debra: That’s wonderful, thank you very much.

Grayling Barraclough: Joseph, there are other channellers out there – Abraham and Bashir; just to name a couple – and first of all, are you aware of these other kind of spiritual beings or whatever they are (one of them is claiming to be an alien) on the other side, so to speak? And why are these messages different and, in some cases, contradictory?

Joseph: I make no claim for myself; I claim only on behalf of a ‘movement’ that will change things. Those of you who have seen me, heard me talk before, know that I like basics – **I like simplicity**. I abhor complexity because complexity throws up a smokescreen.

And your judgement, as to whether channelled material is of worth to you, should be: ‘Is this too complex? Does this say anything? If I follow the advice given through this channelled material will I change? Will my life change... and will it change for the better?’

If it changes only by becoming more *complex* then I suggest to you that the material is not

coming from the right source. If it changes towards *simplicity*, makes your life easier and makes others able to understand the spiritual message from you, then you are on the right path.

Channelled material comes from many sources. During the course of a day you can channel at different levels: you can channel your own inner harmony, or you can choose to channel the complexity and the irrationality of the human Field. You can channel happiness, or you can channel sadness, you can channel loneliness, you can channel anger.

Channelled material doesn’t necessarily come from the highest source. The highest source that you can reach is within your heart-centre, and channelled material has to resonate and harmonise with what you believe and what you *feel* within your heart. If it does not – throw it out!

I care not for labels. I care not for names. I come to you with a name that I had at one point in my past, but only so that you have a gathering point, only so that you can focus on one individual for the time that I am here in order to explain things to you. But I do not hold, in reality, with names or labels – *this* spirit or *that* spirit. I hold with the *message* and you should hold with the **message**.

Forget who the person says they are, where they have come from and how they have lived. What are they teaching you *now*? Is what they are teaching you now sound? Is what they are teaching you now of help to yourself and to others? Is what they are teaching you now able to make a difference in this world? If it is not, then I would suggest to you – I cannot force you – but I can suggest to you, that you throw it out.

Seek always that which is simple. Seek always that which resonates within you and makes sense within you. Seek always that which, when put into practice, works! I pray to God before I come here that the words I give you are able to help you, that the exercises I give you, you are able to put into practice, to prove for yourselves that the spiritual message that I bring you is the correct one.

You must be discerning.

Also remember that the Field wishes you to be immersed in complexity, and your human mind wishes you to be immersed in complexity because

it is linked to the Field. 'Be ye as a little child if you wish to enter the Kingdom of Heaven' – this is what it means. The answers are simple, the spiritual message is simple but, unfortunately, humanity seeks complexity. Everything has to be overly difficult to understand, to explain and to pass on. **If it is difficult to explain and to pass on, it is not of God!**

Are there other channelled 'informations' coming through at this time? Of course there are! There is a great movement around your world to stop things getting worse *before* it is too late. But be careful, because you enter a minefield when you seek to discover more about yourself spiritually. The mind doesn't want you to, the Field doesn't want you to – only your heart wants you to. Be *aware* from the heart and, in doing so, you will discern whether the material that you are receiving is of use – or is of the Field.

Is that a sufficient answer?

Grayling: Yes. Just picking on something you were saying there: if there are all these other people, or other energies around trying to get into the Earth, why aren't there more channels? Are you aware of trying to create other channels? I'm just trying to get an idea of how it works from your perspective.

Joseph: The group that I am a part of spends a measure of its conscious time, of its focussed time, directing vibrations of peace and of understanding towards the Earth. We have certain points to which we can send information. Some of those points are at a point where they simply pick us up as intuition. Some of those points are at a point where they can openly pass on the communication that we send to them.

We send Love and harmony to the Earth as a whole too but, unfortunately, the density of the Field prevents us from doing the good that we want to do. But wherever there is a group sitting for the right reasons, wherever there is an individual sitting for the right reasons, wherever there is an opportunity to get in... then the energy that we direct gets *in...* to a lesser or a greater degree.

And there are other group souls involved in similar exercises at this time; they may present the messages that come through slightly differently, but the underlying message is *identical*. And the

underlying message is that you need to change now, you need to love now, you need to be in harmony with each other now, and you need to dream (as I said at the beginning) a *different* dream on behalf of humanity. Does that make sense?

Grayling: Yes, thank you.

Trance medium, Michael G. Reccia, has served the international community professionally for over 25 years. He firmly believes the true significance of spirit communication is not simply to prove evidence of life after death, but to provide a blueprint for a better life before death by communicating contemporary, highly spiritual insights.

Michael regards The Joseph Communications to be his most important contribution to spiritual awareness to date.

For more information please visit www.josephspeaks.com

The JOSEPH Communications

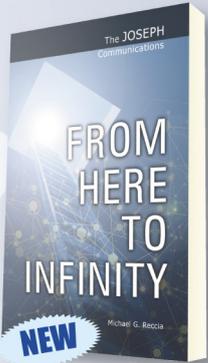
New from Joseph, with love...

Concerned for mankind and the future, acclaimed spirit communicator Joseph clarifies, demystifies and redefines, from a spiritual viewpoint, our understanding of Time, Space, Perception, Memory, Infinity, and much more, also revealing powerful ways to reshape our personal and global perspectives.

From Here To Infinity is set to enlighten and empower those who truly wish to make a difference to themselves and to the world.

'Incredibly enlightening and life-changing – a gift to have come across this information. Thank you for putting it out in the world.' Andrea Chisholm.

'The books truly shock, amaze, educate and comfort in equal measure – they set people free.' Liliya Freyrafet.



Available from: www.josephspeaks.com or amazon.co.uk
 or by sending cheque for £16.95 (inc. p&p) payable to Band of Light Media Ltd to:
 10 Sparrable Row, Briercliffe, Burnley, Lancashire, BB10 3QU

Also available in the Joseph Communications series:

Revelation: who you are, why you're here	£15.45 (inc. p&p).
Illumination: change yourself, change the world	£14.45 (inc. p&p).
Your Life After Death: the definitive guide to the afterlife	£16.95 (inc. p&p).
The Fall: you were there, it's why you're here	£16.95 (inc. p&p).
Trance Mission: a record of Joseph in public	£21.95 (inc. p&p).

eBook versions also available from amazon.com  etc.
 Enquiries: jkneen@bandoflight.co.uk



BY JACKIE QUEALLY

EARTHWISE ACTIVISM

IT DOES NOT TAKE AN ENLIGHTENED PERSON TO observe that the world is currently in a state of intense flux. Recent events in the natural and human arena have tested our resolve to remain centred in a space of love and calm. Staying centred does not mean that one buries one's head in the sand though. I believe that we are called upon now to develop new faculties that will lead us through the confusion and allow us to grow in a new light.

Many people are experiencing inner growth in unexpected situations. When we are flexible enough to embrace the new situations we find ourselves in, we are blessed with new gifts that carry us through, often to our surprise. If we resist, we feel more intensely the discomfort that the external situation is challenging us with. While we can perceive great changes in our human experience that may bring about a shift in our inner dimensional world, we cannot overlook the changes that are occurring in the natural world that other sentient beings reside in. We are all connected, and yet those without a voice rarely receive the attention they deserve in our multi-media driven times. I feel we are currently ill-prepared to examine and support the elemental dimensions that support life on Earth.

I wish to draw our urgent attention to the world of multi-dimensional nature, which is shared by all living creatures and spirits. I believe that we need to be present with Gaia, the living Earth as she undergoes her current process of transformation. There is a great difference between allegedly healing the Earth, and assisting her to transit to a new dimension.

You may be wondering what my background is. I led spiritual tours in Scotland from the late 90s, and had the privilege of meeting many wonderful souls from around the globe who were interested in topics such as ley lines, earth energies, the Knights Templar and sacred places. I wrote several books including two main spiritual guides to Rosslyn Chapel. I based the interpretation of the ley lines and carvings on a deep body of knowledge known as the Reshel. Its originator William Buehler is a modern day mystic who under the guidance of Archangel Metatron and others taught me his knowledge on an almost daily basis for about nine years. From 2004 I led regular synergy light-work groups in Roslin, and then for some while in Ireland where I live now. The main service was to co-create with the highest level of mentors on the inner planes, so that the Earth and all its sentient beings could evolve into a new Christ consciousness. Similar work used to be conducted

within secret societies in past cultures, and is more openly available in our times, in alignment with the fast growing frequencies that we are meeting.

Over the years of leading tours to sacred sites and teaching dowsing, I have often met people who claimed to be earth healers. Being a sensitive myself, I observed them at work and felt that often they were actually healing themselves in the processes that unfolded during their rituals. I sensed that they perceived (mistook?) their own inner transformation and healing as externalised in the process of their earth healing. Perhaps the peace they felt was actually coming from within, rather than from a separate quality emanating from the Earth. In other words, the Earth was healing them, by allowing them a safe physical space where they could realign. We only can see life from our own human perspective, unless we are blessed with special gifts that can see the undertakings of the elementals and spiritual beings of the inner Earth.

I met Marko Pogacnik for the first time in 2014 and we instantly built a good working relationship. Marko is a well-known mystic in earth healing circles. He and other members of his family have the ability to commune in dream and waking states with the fairies and deeper archetypal energies of the Earth. I started to introduce people to his Gaia Touch exercises, which he devised for strengthening people's sensitivity to, and relationship with, the invisible living qualities of the Earth. They facilitate people to align their bodies and consciousness with the transforming processes of the Earth. Marko fears that without people co-operating with the process the Earth is going to struggle more, and may not even succeed in its mission in becoming a new Earth Star; a state of being where humanity and nature co-exist in harmony.

From my own perspective I see that those who participate in these trainings feel a great sense of peace and quiet joy. I believe that approaches such as Gaia Touch actually bring about a healing for our souls, and in a gentle but deep way help us evolve. With this in mind I mention that Marko is coming to the Burren in Ireland, in May or June 2016, offering a workshop in pre-selected places in order to 'raise human consciousness to work with the multidimensionality of the Earth'.

From my background in teaching, and setting up Metatronic light-work groups since 2004, I knew that there was a need to touch the Earth now. Not to split hairs, I also had reason to doubt that the Earth

actually needed healing. She is wise and is able to transform herself in advance of humanly perceived problems. She self-heals. Is there any need for our direct intervention? Since I had encountered the inner divine states of nature regularly in light-work (based on the Reshel), I knew that perfection existed simultaneous to other layers of reality. There are levels of reality not fully imbued with the divine light, and it is those levels which the human condition can perceive more readily. For whatever reason I was able to tune into the most divine level whenever I entered a sacred site. Therefore I never felt fear or negativity at the sites, whereas others did. Seven years ago when I came to Ireland I chose to feel the pain that the Earth was in, for I felt that the Earth was being abused and ignored in those 'Celtic Tiger' years of materialism and sheer greed.

I understood that the fairies start to withdraw in such situations, for they cannot flourish where humans fail to respect them.

I concluded that an excellent way to support our beloved Earth, the root of all which is divine in our sensory world, is to witness her suffering and be fully present. This is similar to the counselling model for supporting humans in their struggle. We are connected to the Earth, and we need to acknowledge that in spirit and send her our loving support in our prayers. Our loving attention to her process of transmutation is a vital ingredient in ensuring a positive outcome to these current Earth changes. I was delighted to read on Marko's website that he has recently changed direction:

"...rather (than) 'healing' the disturbed situations in cities and landscapes, one should speak of accompanying the planet in the process of its basic transformation."

The Earth has received a lot of human transgressions over the years, including negative thought patterns. However if we feel called to do so, we as humans can help to transform that painful layer by working with the spirits of the Earth, partnering a positive evolution for all sentient beings.

Trust that listening with an open heart and a willingness to serve the Earth allows the devas and other beings reveal what is required of us.

Whilst I may have encountered many powerful extra-terrestrial and divine states of consciousness in the light-work I never wanted to become

ungrounded and unmindful of our beautiful planet. I slowly realised that the Earth responds to our love and becomes more alive in that mutual space of love and support. It is the power of love that creates ley lines, and when coupled with spiritual intent, miracles can occur. I also discovered sound was a great vehicle for communicating beyond words with the devic kingdoms, I use the drum and gong in combination in hidden spots to engender a sense of wholeness. Often my guests on my eco-wellness tours bring their own gifts that perfectly match the moment. Again when coupled with intent beautiful things can manifest. Such ways of perceiving circumvents us becoming distracted by the chaos of the external world.

We have to start with listening deep within our souls, understanding that the Earth is sacred – not a physical entity to merely exploit for our own gain. When we look at all the chaos on the surface of the world we all know that the exploitation model is outdated and failing dismally – but this purging is not where the real spiritual action is taking place. In the interior all is well, and all is showing great surges in awakening, seeding too in many individuals. The trick is not to get sucked into and distracted from the real task at hand, which is to honour the Earth and her creatures in small acts of love and deep appreciation: to love it altruistically, without an eye for reward.

Jackie Queally has led tours of sacred places, often off the beaten track, since 1999. She has studied a Metatronic earth grid system in depth with William Buehler for many years, and is committed to the evolution of consciousness for all living beings.

Please contact her at info@earthwise.me for details of her workshops in dowsing, sound healing and pilgrimaging. She also gives talks, writes books and leads eco-wellness tours in the west of Ireland, and also Scottish tours.

For books, workshops and eco-wellness tours in Ireland, and tours of Templar and other sacred sites including Rosslyn Chapel in Scotland, and also Marko Pogacnik's workshop in Ireland this year, please ring 00353 8341 17498 or visit www.earthwise.me

Sacred Ointment & Oils

Rose of the Integrated Christ-Mary Magdalene-Ointment

Angel of the Christ-Mary Magdalene-Oil

Inner Quintessence of the Integrated Christ-for the 7 Major Chakras

Cosmic Christ Integration Balm

The Rose of the Integrated Christ-Mary Magdalene-Ointment, The Angel of the Christ-Mary Magdalene-Oil and The Inner Quintessence of the Christ for the Base, Sacral, Solar Plexus, Heart, Throat, Third Eye and Crown Chakras.

Barbara-Cheryth is now making this new and very beautiful Ointment together with the new Oil and the 7 Chakra Oils. The role of these is to realign and integrate the Christ Light of the divine masculine with the divine feminine within all - to awaken to oneself - and return oneself consciously into a state of Divine Grace, at the same time rebalancing the merkabah lightbody in preparation for each individual's ascension.



Barbara Cheryth Stone
E:mail: coconino.barbara@purelight.org
Tel: 01483 579975
www.cygnus-bodyworks.co.uk

Rose of the Integrated Christ- Mary Magdalene-

Ointment-250gms Jar £11.00 + p&p

Angel of the Christ-Mary Magdalene-Oil £10.00 + p&p

Cosmic Christ Integration Balm £11.00 + p&p

Inner Quintessence of the Integrated Christ-
for the 7 Major Chakras- £8.00 +p&p

Base, Sacral, Solar Plexus, Heart, Throat, Third Eye, Crown

Golden Essence, created 21.12.2012 £11.00 +p&p



Photo of stained glass window at Kilmore Church, Mull by Barry Dunford

Pain? Stress? Injured?

I specialise in treating
these problems. Gentle
methods, fast results



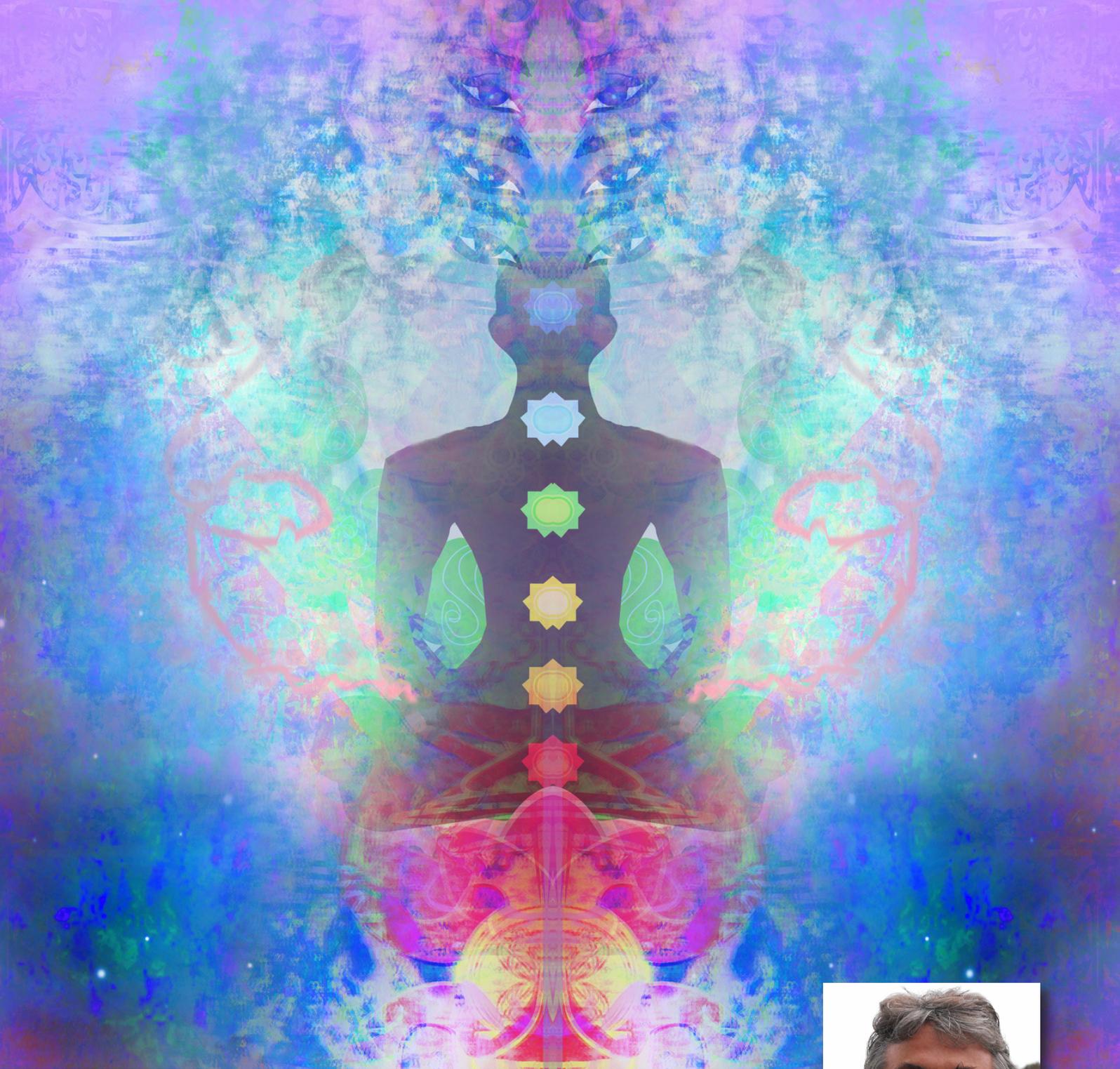
Phone **07906 757452** for more information

or email enquiries@adams-holistic-health.co.uk

www.adams-holistic-health.co.uk

for more details and testimonials from happy customers

Bowen Technique / Reiki / EFT / Massage



SPIRITUALITY & HUMANITY

BY JONATHAN BARBER

EVERYTHING, ABSOLUTELY EVERYTHING IN CREATION is changing, and irradiating differently than before. Vast amounts of Divine energy have been, and are being fed into all of Creation according to a Divine plan. This light and love is particularly being focused into and through this planet of ours, for reasons that most people don't know about.

With the new inflow of energy, everything is vibrating and radiating in brighter and stronger ways: the stars, the planets, the galaxies themselves, the trees and flowers, the crystals and minerals. Some species of animals, such as the cetaceans, are irradiating in a new way, and of course humans are (especially children). The result is change, and everything is all stirred up as change happens. This change affects us all. It affects us as individuals, and as people living within societies in countries. It affects how we live and our thoughts and feelings. It affects how Nature interacts with us through the changing weather: On a personal level, it affects our very chakras, or centres, and our auras.

What most people don't know is that this planet is the home planet to five Perfect Masters whose job it is to look after Creation. Ever since Creation first came into being there have been five Perfect Masters, and as one of them drops their body another one replaces them in their role. Unique to this planet, the Avatar who is God in human form, incarnates between every 400 to 700 years in major and minor incarnations. It is the Avatar who sets out the plan and who does the energy work, while down here, to make the major decisions for Creation, set out the timelines, and start things in motion. The Perfect Masters then take over the helm. The influence of the Avatar and the Perfect Masters is felt throughout Creation.

Humanity is an interesting form of life. Souls can incarnate into human form and follow this path through to reach the goal of God realisation. Humanity has evolved since the earliest times of their ancient history. With each evolution new chakras or centres were developed, and became energetically active. The first ancient form of humanity was the Adamic root race. The lowest centre, the base centre was the one being developed. The second root race was the Hyperborean root race, and the sexual centre became the focus. In the Lemurian root race the solar plexus centre started to become developed. The ending of one root race usually meant the physical demise of about 98% of the root race, and the remainder becomes the seeds of the next root race. The souls of those that died incarnated into the next root race. When a history

of what occurs is written, it is very matter of fact and doesn't at all consider the personality aspect or emotions of those involved in the ending of a root race.

The fourth root race, the Atlantean root race, took a spiritual wrong turn and invited in a spirit of evil. The Perfect Masters found it necessary to remove most of them in the Great Flood mentioned in the Bible. Humanity was reset and a start-over could occur. Most of the esoteric or occult knowledge was taken out of humanity and locked away on the lower mental levels, where humanity couldn't reach it until enough of them had developed sufficient wisdom and common sense to use it beneficially.

The next root race that came into being is the one that is currently in creation. This is the Aryan root race. Unlike the earlier root races it has the capacity to really think things through. There was/is a focus on energising the throat centre in the bulk of humanity. With the heart centre already developed, even though some people's heart centres can be tiny, or even black, many people have glowing heart centres and have the capacity for great love and empathy.

The next part of the Avataric plan involves massive changes in creation. In all of humanity and not just a few, it is no longer about the development of one more centre, but of many more centres, each with a different quality. It is a great speeding up, so the sixth root race that is being started will be very different from our current one. Incarnating into this root race will be very interesting for us as we will think, feel and act in ways based on many centres, and not just the several that most people operate with at present.

The sixth root race will be a massive spiritual evolution from the fifth root race, and they will live in a Creation that has been, and is being, massively spiritually developed. How the changeover from the Aryan root race to the sixth root race occurs remains to be seen.

So there are two processes going on at the same time, a changeover of root races, and a huge spiritual push for Creation. With a changeover of root races, old timelines burn up energy, lose energy and die out. For the old root race everything becomes fragmented, broken down and stops working. Life becomes more complex, chaotic and difficult, and this is currently being experienced by people around the planet. People love safety, security, and familiarity. As fragmentation occurs, this is eroded.

People then need to trust God, access the God within their hearts, and open to the new and create the new, and not look to the old past for guidance. Each day is a new day.

The timelines for the new root race have already been developed and charged up by the Avatar, and looked after by the Perfect Masters. These timelines are already energetically apparent. What needs to happen for these to come about physically is starting to happen. The energy of these timelines is clear of twists, and they are filled with love, light and intelligence. There are many new developments in many areas of human life that hold this new energy, and people can become involved in the new.

Part of the spiritual development as a component of the plan is the introduction of New Law. This determines how life is to be. It determines how humanity and the individuals within humanity need to think and feel and act. New Law is loving and light filled. It involves being loving to others and all lifeforms, and respectful of others and all life. In future root races, newer energies will take all this to even higher levels.

Life as it is lived by most people in humanity today, and in the past, was controlled mostly by Old Law. Many people don't want to give up Old Law as it supports their way of life, and they find New Law very threatening. So there is an energetic battle going on, that they can't win. The powers that be internationally, and in each nation, want to remain the 'powers that be'. There are bastions of Old Law to be found in politics, finance, business, the military, religion, and in every organisation where someone works to preserve their power base, influence wealth, and exploit others. Old Law is based on fear, greed and the desire for power. New Law is about Love, Light and Common Sense (leading to a quality called Sentiency). It is about a sense of sharing, of collective empathy and collective activity. It's about being loving individuals in a loving collective.

Right now, this is a very mixed-up time to be living in.

How to thrive in it?

Getting onto the right timeline really helps. There is a brand new one for humanity set up called the Golden Pathway. Then there is trusting God, trusting the Divine. One key point is that as there are more centres available inside people to develop, the old spiritual information which was for the old model human won't be anywhere near as useful as the new information to be found on the new timeline.

The key centre to have awakened is the heart centre. As that awakens, all the other centres come on line in due course. Heart based meditations open, develop and strengthen the heart centre. Not only does more love come into a person's being, and into their life, it also wakes up that connection with God. As people have more love in them, they act in their life with more love and generosity. Essentially, more and more they are living the Golden Pathway. They can become agents of loving change for themselves and others.

Also, as part of the input of energy in humanity and the changes that have been made to people's centres, the third eye of absolutely everyone within humanity has been opened up and stimulated. There is no secret, no hidden knowledge, it is there for everyone. Using the third eye confidently takes a bit of practise, and most people's third eyes need a bit of clearing. The clearing and the development of the third eye is fairly straightforward through regular meditations that work on clearing the centres and practising the use of the third eye. There's no need to try to open the third eye as it is already open, it's just a case of becoming conscious of that fact. Using the third eye gives a person more useful information about all manner of things. They can look at energies around them, check out the energies of banks, shops, and organisations, for example. It is useful for looking at the kinds of cordings you have to other people. It helps you to decide simple things, like, which route to take in the car depending on the quality of the thoughtform of each route (simply imagine it as a ball or cloud of energy and notice how colourful, bright or dull it looks). It can be used for checking the amount of life energy in fruit and vegetables. There are as many uses for your third eye as you can imagine.

Even as the old ways and the old root race are coming to an end, the new ways are already there for you to find, and to live as a new spiritual adventure.

© 2015 Jonathan Barber. Jonathan Barber is the Director of spiritualgrowthadventure.com. He is a meditation coach, and guides people along their spiritual path/adventure using meditations. In this way he assists people to discover and understand their inner reality and true nature, and express this in their lives. He writes on aspects of life from a spiritual point of view to offer insight and understanding, and create change in a changing world. He lives in South Wales.

www.spiritualgrowthadventure.com

An Evening with Neale Donald Walsch

Filmed at the Colosseum Theatre Watford in front of a live audience

This UNIQUE Double DVD is as relevant today as it was the day it was filmed. It is the DVD that could change your life

Neale issues a personal and urgent invitation to do just that, and offers specific suggestions on how it can be accomplished. He presents this challenge with humour, deep insight, and love for Life itself, and for God ~ a lecture that you will not soon forget.

This is an inspiring lecture that could change the way you view the world, and could well change your life



These original and unique DOUBLE DVDs are available for just £6.49 including p&p UK only (£9.00 EU, £10.00 USA). Do NOT miss this AMAZING offer, (when they are gone they are gone!).

Send payment via PayPal to EnigmaNews@sky.com and your DVD will be dispatch within 5 days. Make sure you put your name and postal address in the message.



2016 ~ A YEAR

THE ELOHIM
THROUGH JHADTEN JEWALL
ON 1ST JANUARY 2016

WE COME TO YOU ON THIS FIRST DAY OF YOUR YEAR 2016, for we are the Elohim, the 24 Nameless Ones that surround the Throne of Father/Mother God/Goddess, to speak of the Energies flowing to you now. You enter this time frame with illumined Hearts and crystal Clarity in Spirit, that you may turn from the turmoil of your world to the silence of your hearts. Though you turn within, your heart remains focused with compassion and sincerity towards the events of your world. But rather than being mesmerised by those events, find the Truth within. The Truth of who you really are and why you have incarnated in this world can be found within the quietude of your hearts. Thus it is wise and well advised that you take the time to enter this stillness from time to time. For it is only here in this calm and serene place of your heart that you can find that which delights your heart, makes it sing and dance the eternal dance of the gift that you are in Creation. For it is this gift that has brought you here at this time, a time that is in great need of your gift and presence – the presence of your soul. Invoke the energies of your soul to fill your heart with its joy and light, that you may remember that gift, that presence that transforms all realities.

It may be of benefit at this time to seek out those places of solitude such as a mountain peak, a solitary shore, a quiet glen, a soft murmuring brook, a serene desert or a holy sanctuary, to help you find all of these within your own heart. Be



OF STILLNESS

playful in discovering all of these places deep within your heart, for as a soul, old and wise and well-travelled, you are an intimate of such places... be it in past incarnations or other dimensions. Let your heart refocus on your spiritual priorities. Like a sperm, holding infinite possibilities of new life, your heart holds infinite possibilities of new talents and abilities, that can serve you now. It is the gift of this incarnation to discover not only your inherent gifts and talents but to realise new ways of expressing those in this situation you find yourself in this time. Worldly cares seem to come into true perspective when you focus in this way. A magical world begins to open yet again. We encourage you to ask in very new and different ways. Ask not as before, as one not knowing, but ask with the awareness that you already know, but in asking in new ways discover this new knowledge. In gentle and yet committed ways, encourage your heart to accept the change that is upon you all at this time. Be very vigilant as to how to be helpful, unassuming, dependable and unselfish, calm and self-reliant. For we, the Elohim, are so near to you, spreading our wings of Love and Joy around you as you discover the Jewel of Perfection, Love and Joy that you are, have always been and shall always be.

Namaste

Jhadten Jewall lives in Canada and teaches worldwide, working for the Divine, anchoring new energies for personal and planetary growth. He also offers CDs, Soul Readings and Soul Holograms. Visit his website for his itinerary of workshops and sacred journeys.

*email: jjewall@hotmail.com
www.sacredspaces.net*

In The Stillness of the Heart

a workshop with Jhadten Jewall
2-3 April 2016
near Royal Tunbridge Wells



Utilising the Energies of 2016 to Discover your Full Potential

In this experience, we will be exploring the energies of 2016, which are devoted to focussing on the silence within ourselves, within our hearts. For it is here alone that we may discover who we really are, why we are here and how to express that in this incarnation.

This experience will be expanded through sound transmissions, initiations based on pathworking with the Kabbalah Tree of Life, and work with the Angelic Beings Claritas and Astrea, Gabriel and Lady Christine, Uriel and Lady Grace, and Lord Michael and Lady Faith.

Metatron will oversee the whole event with transmissions from the Heart of God/Goddess.

Various exercises will solidify, integrate and assist us in embodying the energies of this workshop.

Experience the energies for yourself in this short video:
<https://www.youtube.com/watch?v=WYVBNOqXfIU>

For more details contact Claire Williams
claire@paradigmshiftevents.com 01483 813641



THE GALACTIC ALIGNMENT:

12/12 & 19/12 December 2015

ARCHANGEL MICHAEL THROUGH CELIA FENN

BELOVED FAMILY OF LIGHT, IN THIS MONTH OF December you are integrating and balancing the powerful completion energies of the wave of Quantum Cosmic Light, that was initiated in August at the 8:8:8 and descended through the Lion's Gate. This energy has been amplified and integrated over the last months, and now December will allow you to adjust and prepare for the great events coming in 2016.

The key word for this moment of 'Now' is 'Transformation'. The Galactic Codes are bringing you into a unified Time Line where all Earth Realities are preparing for the great Transformation that will align you with the future Earth of Harmony and Peace.

We ask you to imagine yourself as Masters of Time, holding Past and Future in your Intentional Reality as you manifest in the 'Now', the infinite present that is your Divine Heart. From this perspective, you are the Master of your Timeline(s), and you hold the Future and the Past in perfect balance. From your Divine Sacred Heart you are weaving the Time/Space energies into the New Earth.

That Future is Real! It is aligned with Divine Will, and it demands Transformation on Earth now!

The December Vortex Points

Beloved Family of Light, between the 12:12 and 19:12 (12th December and 19th December), you will be integrating and preparing for the powerful Galactic energies that will flow to Earth from the Galactic Centre through the Southern Planetary Portal over Antarctica.

The 12:12 portal allows for an acceleration of frequency and an influx of Golden Light to prepare the Earth, and all her inhabitants, for the powerful vortices of energy to come.

The 19:12 represents the perfect alignment of the Galactic Centre and the Sun at 27 degrees of the constellation Sagittarius in traditional astrology. In 13 Sign astrology, the Sun has been in Ophiucus or Asclepius, the sign of Christ the Healer, and this has been acting as an engine of power that brings the Earth into alignment with the Galactic Centre and the Great Central Sun. At this moment, there is a direct 'transmission' of Light Codes from the Galactic Council, transmitting the patterns and sounds of the Cosmic Heart to our Earth. These will again accelerate Evolution and Transformation. These will be received via the Southern Portal in

Antarctica, and will be transmitted to Humanity via the Earth Grid Node points in New Zealand, Australia, South Africa, Argentina and Chile. Very rapidly they will be transmitted around the Earth, bringing the message of transformation!

Then, Beloved Ones, a few days later, on the night of the 21st and 22nd December, you will experience the Planetary Solstice. This represents the moment when the Earth seems to stand still on its own axis, before it begins its return journey around the sun allowing for the change of the seasons. In the South it is the Summer Solstice, and has the longest day and the shortest night. It is a Celebration of Light and Creativity and Life. In the Northern lands it is the Winter Solstice, and here it is the shortest day and the longest night of the year. This represents the rebirthing of the Light as the days begin to become longer in the journey towards summer.

Solstice is always a moment when Balance is necessary, and everything that is out of Balance is felt very intensely. We ask that you focus on Inner Balance at this time, for this will assist you to bring balance to your environment. Your personal 'energy signature' can be a factor in bringing balance to those around you, if your focus on Peace and Harmony is held, and is amplified in your Heart.

On the 25th of December, there will be a Full Moon on what is, in Christian Tradition, Christmas Day, the birthday of Christ. We would call this the Birth of Christ Consciousness, which was brought to the Earth 2000 years ago by the Avatars Yeshua and Mary Magdalene. This year the Full Moon will amplify the Golden Energy of the Holy Grail as the balanced Divine Masculine and Feminine transmit their Golden Light to Planet Earth. We ask you to celebrate the descent of Light to the Earth and the potential for Higher Consciousness that was grounded and anchored on your Earth by Yeshua and Mary Magdalene.

Now, we add to this 'mix' of energies, Comet Catalina that passed by your Sun in mid-November and has now just passed Venus, the planet of the Feminine energies. The comet is now making its way into interstellar space. It is highly visible in your skies right now, and it also will not return again. It is a one time visitor, a messenger of Great Cosmic change, and it will carry the message of the ascension of Earth and Humanity into the farthest reaches of the Cosmos in its Journey.

Comets are always signifiers of Great Change on Earth. And, this Comet's name, Catalina, also signifies a connection with the Christ Light. The

Cathars, the followers of the Magdalene a thousand years ago, were called the 'Pure Ones', and the name 'Cathar' means pure one. Catalina is a version of Catherine in Spanish, which derives from Cathar. It indicates that the comet brings the good news of the Return of the Divine Feminine through the Magdalene and the return of the 'Pure Ones', as prophecied by the last of the Cathars. What was cut back, springs forth again, and the Golden Light and the Diamond Light are infusing Earth with a new energy of Transformation. The Grail Codes are activated and the Physical Body is ready to become the true vehicle or chalice for the Divine Light.

And, just to amplify the energy of transformation further, the Full Moon on the 25th of December will be in Cancer when the Sun is in Capricorn, which is being activated strongly by Pluto, another agent of Transformation in the Solar System. The Full Moon itself is in Cancer, bringing the full power of the Divine Feminine to shine on Earth beside the Divine Masculine of Yeshua.

Yes indeed, Beloveds, it is a time to Celebrate!

Towards 2016 and Stabilising your Inner and Outer Reality

Beloved Ones, as you are aware, the Earth has shifted into what we call the 5th Dimension of Oneness Consciousness, leaving her previous anchor in the 3rd Dimension. This has created great confusion and chaos, simply because the 'support' structures are still in flux and being established on higher frequencies.

When you were anchored in the 3rd Dimensions, you were supported by Time (4D) and Emotional and Mental structures that 'grounded' you into life on Earth. These were familiar energies to you, even if you felt they became 'prisons' of manipulation towards the end of this cycle.

Now, in the 5th Dimensions, you are supported by Time (as 4th Dimensional Time Masters) and by the 6th Dimension (the Archetypal and Creative Imagination).

Many of you are lifting your consciousness so that you can be Wayshowers into higher levels of awareness, and stabilisers of the 5th Dimensional Grids.

Because so few people are aware of how to master Time and Time Lines, and 'Time Travel', the Timelines on Earth are spinning in chaotic circles so

that it appears that 'old' issues are returning once again in new forms. They have nowhere to go as people are confused and do not know how to 'lift' a timeline to the next level of the spiral at the appropriate time.

This can be a positive thing, Beloveds, as there are many timelines that need to be closed, shut down and ended completely before the New Earth can be fully activated and manifested.

The way to support the New Earth Timelines is to be able to access the 6th Dimension and to create the Dream of the New Earth into a powerful story that will carry Earth forward into her future destiny! The Earth is ready! She simply awaits the stories that you, as Masters of Time, will weave in the 6th dimension of Imagination and Archetype to carry her forward.

So, Beloveds, in 2016 the energy will be that of Major Transformation on all levels of society on Earth. Your Soul Missions will keep pushing you to engage the Creative Imagination, and to dream and tell stories, paint pictures, create music and dance, that will stabilise the spinning timelines and align Earth with her destiny as a Planetary Star of Diamond Light!

We wish you peace and joy in this last part of the year 2015 and we look forward to working with you further in 2016!

Celia Fenn is a Channel for Archangel Michael and a Spiritual Facilitator, Writer and Speaker/Performer, and the Founder of Starchild Global. She works with the energies of Archangel Michael, the Elohim Angels, the Councils of Light, as well as the Cetaceans, to bring information about the transformation and ascension of the planet, the Christ Consciousness and the Diamond Codes, the significance of the Grail Codes and the Sacred Heart, and the work of the Indigo and Crystal and Diamond Star Children at this time.

She is the author of 'A Guide to Complementary Therapies in South Africa' and the E-book, 'The Indigo Crystal Adventure'. Her latest book is 'The Diamond Codes: Light Information for the New Reality' which helps people to understand the nature of the multi-dimensional post 2012 planetary reality.

Celia also works online through the Global Seminar Room, offering Online Webinar Courses to a Global audience, and Certificate courses in the New Shamanism. Private Channel sessions are also available on a limited basis.

www.starchildglobal.com

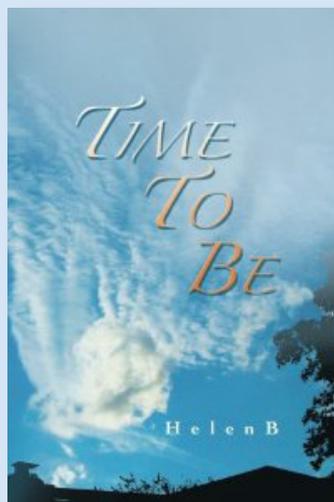
Time To Be

by Helen B

These inspirational poems have been gifted to Helen B, as she was seeking her way forward in her life. The Universe answered her many questions through the messages you will find in this book. Why are we here? What can we do to help the world and all life forms on it? How can we move forward to follow our star to find the 'real' us inside ourselves? Helen's poems offer suggestions to help you think of alternate ways to live your life, as there are many, many ways and all are possible.

This is one of those books you will not read in one go. Instead it is one to come back to from time to time, reading the poems one at a time. Some poems are ponderings. Others are prayers. A few are channellings and then there are the poems that seem to hold a little protest against current day life.

To me the prayers and channellings seemed to flow most powerfully and resonated most. Here and there black and white photos are used to add images to the words. I found it a pity they all had



date stamps on them, which for me distracted from the image and how they were supposed to add to the poems.

Towards the end of the little book, you will find some information on tuning into your heart centre, using affirmations, mirror work and how to connect to angels. This is especially nice for those who are new to inspirational, spiritual work.

Review by Cathelijne Fillippo. Published by Authorhouse, ISBN: 978-1-4817-8269-2. Available from Amazon.

passionfortheplanet.com

passion

DAB Digital Radio

the UK's only
radio station
passionate about...
your health
your environment
alternative solutions
personal development
mind, body, spirit
the new age
plus...
the planet's best music
classic tracks
contemporary hits
world music
a radio station for grown ups
broadcasting on DAB digital radio
and on the Internet
find out more and listen now at
www.passionfortheplanet.com



THE GUYS UPSTAIRS

~ an extract from Chapter 33.

BY AMANDA HART

...EACH DAY WAS CRAMMED WITH VISITS, INITIATIONS and meditations. It was as if we were being fast tracked and each one of us could feel awareness building incredibly within our individual selves and as a group. After lunch we visited the Temple of Dendera, dedicated to Hathor, goddess of love and music. We were shown a picture of her, a beautiful woman wearing a crown of cow horns and holding a sun disc. We were told that within the walls of the temple were two birth houses, which contained the Star Gate connected to Venus and Sirius. We visited the sacred lake of Cleopatra and I left the group for a while to sit by the lake in quiet contemplation. I asked The Guys to let me find peace with my past, including lifetimes that had created issues in this lifetime. I left the lake feeling lighter.

After wandering around at our leisure we all met back up to go up to the Rooftop Temple which had an amazing astronomical ceiling. Isis explained, "The ceiling represents the vault of heaven. The 36 spirits around the perimeter symbolise the 360 days of the Egyptian year, and the constellations inside the circle include the signs of the zodiac." I wondered if it was one of the first recordings of the signs of the zodiac.

When we got to the rooftop, we found the view out of this world. I could imagine the priestesses and priests walking on the sacred stones, moving to the sacred dances. Isis said that in olden times a statue of Hathor stood at the entrance of every temple on the Nile, symbolising the divine feminine principle, compassion, and love and everything that

comes from it. *"Hathor teaches us if you want love you must first become it, and then become the living bridge others can follow."*

Later we had the privilege of exploring the Kundalini Crypts, which were beneath the floor as we neared the high altar in the Hypostyle Hall. Isis said, *"Many memories will come up for you from moving into the underground tunnels,"* and asked us to chant the Akul again, as we'd been taught.

The harmonics resonated throughout the temple. I could feel it flow throughout my body and felt a tingling sensation for a long time afterwards. Before we left, we were shown the extraordinary hieroglyph of a modern day helicopter on the wall amongst all the other hieroglyphs. I stood there with my mouth open. There was so much to take in; I was in another world.

Thankfully, the next day we had some leisure time. We made the most of shopping and taking in our surroundings. Janet was now stronger; David was a perfect gentleman and looked after us girls like a protective father and Paul, bless him, was still trying his hardest to win my affections. Although he was a lovely guy, my heart was with Chris.

That evening we went to the opera in the majestic Temple of Karnak and listened to Verdi's *Aida*. Sitting outside under the stars was an unforgettable experience. Late that evening we flew to Cairo and arrived to stay at the Giza Plateau, the beautiful royal palace that overlooks the Great Pyramid.

That next morning I woke, and after an early breakfast went to sit in the beautiful gardens. Isis had said the night before, *"Staying in the inner ring of the power of the Great Pyramid may well be very intense for you. It can bring up anything within that needs healing, so pay attention to what's necessary to deal with it."*

I sat in quiet meditation to see what came up for me. I felt ready. I sensed some of the group moving into the garden, and I quietly thanked my Guys for their help and asked if they could remove anything I feared. I sat a moment longer with my eyes closed and felt my stomach flutter. Then I had my first experience of psychic surgery. In my mind, I saw ropes coming out of my stomach and a pair of hands pulling and heaving on them. When they stopped, the ropes were cut with a huge pair of scissors. A knot was tied in the rope and the knot pushed deep back into my stomach. Then I saw a large needle and thread come down and sew me up. I felt at peace and more accepting. I also had a knowing I had to complete my mission or I'd never find complete, unconditional love with a partner.

In some ways it felt like the dangling of a carrot, but equally I knew it was the way to get me to complete my goal.

The day before we were to visit the Great Pyramid, we visited the Temple of Saqqara with Abd'El Hakim Awyan, an archaeologist and the Holy Man of Egypt, where we recreated some of the wonders of ancient times through healing energies, psychic perception and vision. I was partnered with another lady called Amanda and that was the first time I experienced morphing. It frightened me at first. We were sitting a couple of feet apart, staring into each other's eyes, when I suddenly saw her physically change into another person, then another and then another. Amanda realised what I was going through and told me to relax. Person after person flashed before me, old, young, women and men alike. It was an amazing and bizarre experience.

Isis came over to me and said, *"You've just witnessed some of Amanda's past-life experiences. Your awareness has heightened and you will see so much more now."*

She told me to practise the technique in the mirror, which I did later that day. I saw myself morph into different people. I was excited my senses were heightening.

We then visited the Step Pyramid of King Djoser built by Imhotep, the High Priest of Ptah, who was the first architect to build in stone. Patron of medicine, philosopher and writer, he was later deified. This was where the star gate connecting to the star Arcturus was located. Close by were the Healing Chambers situated over running water. The Healer Priests, Isis told us, could use the Arcturus connection to amplify and strengthen the subtle bodies of their patients, which is the key to all healing. I was more interested in this than anything, as I could relate to it with my own healing and that of my clients to date.

Isis said, *"The Healer Priests would focus and connect with singular intention so a perfect diagnosis could be made. Deep healing resulted and many life lessons were revealed."*

At our regular sunset gathering and meditation, which by then was becoming deeper and deeper for me, we all sat transfixed by the moment and Isis said, *"The great god creators Thoth and Maat will greet us at the Great Pyramid tomorrow. Thoth, The Great Treasurer, will be fully present. He was self-conceived at the beginning of time and is the treasurer of the Earth and the counter of the stars, the keeper and recorder of all knowledge and the architect of the Great Pyramid. His wife Maat, known as The Goddess*

of Truth, was the daughter of Ra, the Sun God. In the Hall of Maat in the afterlife, it is she who weighs your heart against a feather. Pure joy is all you need!"

On the last day, we completed the activation of the kundalini energy of Egypt at our final destination. Our hearts, we were told, would quicken in anticipation as we found our way to the entrance of the Great Pyramid. We then had to ask the Guardian's permission to go forward into the darkness. En route, a woman with whom I'd not spoken much on the trip made herself known to me. She asked me to regress her, saying I knew how. I was a little shocked by the request, but agreed.

Amazingly I immediately saw her in another life. *"Wow, I see you as a Nordic Goddess. I can see you standing tall and lording it over your people wielding great power, but it seems to be on a negative level as your people are frightened of you."*

I didn't like what I saw, nor what I felt. She was cold, controlling and frightening in her past life. When I told her diplomatically what I could see, she smiled at me strangely. When we arrived at the Great Pyramid, I pushed it aside and focused on the job in hand. We left the coach and forty of us lined in pairs heading towards the entrance. It had begun. Isis asked us to pause as she asked the gods' permission to enter, and when she was ready she beckoned us onward towards the opening in the pyramid. As we entered, we bowed our heads and walked through the entrance tunnel of rough-hewn rock to the steep incline that led to the Grand Gallery of a thousand steps. We'd rehearsed what we had to do and began the chant which became incredibly hypnotic as we started to ascend the steps. Having been there before I knew the incline, but many didn't and were nervous to go in, let alone go all the way up to the King's Chamber.

The darkness encouraged us to trust each step and rely on the person in front to lead us forward. Every breath we took we were fully conscious of, our hands pulling us up the cold metal rails, our feet seeking the next foothold. Our collective breath filled the space. The vastness of our challenge wrapped around us and guided us forward. Our closeness comforted us on that upward journey. We were heading for our thirteenth Ascension Merkabah Initiation. When we got to the last step, we bent down to crawl through the antechamber into the Kings Chamber. Our breathing was deep; many feeling the headiness of that moment in time. I felt at home. We all moved systematically to a place against the wall and I went to where I'd sat when I'd visited with Chris only two months before. Isis gestured for us all to sit.

There was just one flame alight in the centre of the chamber, and all forty of us were cast as ghostly shadows on the walls surrounding us as the flame of the candle flickered. Isis began the chant we'd rehearsed... the great Om, the sound of the universe, and as it started it reverberated throughout the chamber increasing in volume as we all joined in, the acoustics perfect for that occasion. After a few moments, a woman stood up dramatically and moved towards the centre of the chamber, holding high a wand adorned with crystals. She faced Isis and challenged her. At first we thought it was part of the ceremony and had been rehearsed, but then felt the fear and hatred in the woman. Isis sat firm and didn't flinch, but the chant diminished as we watched, shocked by the interruption and frightened by the negative reaction.

"Go back and sit down," Isis said firmly but in a calm tone.

"I challenge you," yelled the woman whom I realised was the Nordic Goddess I'd spoken to on the way to the pyramid.

"Go back and sit down. You no longer have to fight. I send you love and compassion," Isis said, without batting an eyelid.

The group stared as if a playground fight was about to erupt. The Nordic goddess moved nearer to Isis, but Isis did not flinch. She simply smiled and said, *"I send you love, healing and compassion."* And with that we could see how genuinely she wanted to help this woman.

The woman changed almost instantly, bowed, retreated and sat down. Isis took a moment and then initiated the chant once again. We continued with the Om and eventually stood and moved to different places within the pyramid to meditate before dispersing. Only a few of us remained but I don't remember what happened and how I got there (it was as if I lost moments in time) but when I came to, I was standing under the apex of the Great Pyramid, chanting. I turned and realised I was the last to chant on my own. There were two others standing directly behind me in a line and Isis, who was behind them, said, *"You've done exactly what you set out to do. You've now set the harmonics. Well done."*

I had no idea what she meant, but as I left the King's Chamber to descend the steps of the pyramid she turned to me and said, *"I knew you'd do it. Tomorrow the three heads of state meet here and you've helped set the harmonics in preparation."*

When we went back to our hotel, one of the guides said, "You have all helped create something great here today. Currently staying here at the hotel are the Israeli, Palestinian and Egyptian heads of state that are to meet tomorrow, the day of the spring equinox, in the Great Pyramid itself."

I wondered if it was all for effect as it was hard to believe we'd been part of a ceremony to prepare these men who were to equally go into the pyramid and pay homage. The guide continued, "There have been three groups in the pyramid today to prepare the harmonics for the spring equinox tomorrow and you, being the last group, have set the dynamics perfectly. It is the time of the betrayal, death and resurrection of Jesus. In ancient Egypt the spring equinox was the time of the betrayal and death of Osiris and his resurrection as the god Horus. This time in history is one you'll come to understand as hugely influential, energetically."

I was getting less and less surprised by what I was being told but equally I still let my enquiring mind seek confirmation. On the day of the equinox, we gathered to go and visit the Sphinx. Isis had permission to take us directly to do work between the paws of the mighty beast. The Great Sphinx, having the body of a lion and the head of a Pharaoh had the most enigmatic gaze as if it held many secrets. Isis said it was the Temple of Wisdom, the ancient place of initiation, known as Abu al-Hol (father of terror). It was terrifying standing beneath the paws of this huge beast as if at any moment you could be swallowed whole.

Isis called us together, "I want us all to stand here at this certain point between the paws of the Sphinx. We need to do this at a certain time to align with a particular star system." We stood there between the mighty paws whilst she said something I didn't quite hear. I was there one minute and the next I was gone. I felt I'd fallen down an elevator shaft deep into the earth. It was the Emerald City and I saw what I often had dreamed of as a child. I was walking down a path alongside a stream. The place in my dream was as always, beautiful, with people walking along in couples and groups. There were flowers and grass around and the place was rich and abundant with colour and life. It was a place of belonging and safety, a place where harmony was the fabric of life. I hadn't thought of that dream once as an adult, but standing between the paws of the Sphinx I felt as if I'd found that world I craved as a child.

When I opened my eyes there were only a handful of us left. Isis was looking at me and asked

what I got. I told her and she smiled. "We've just meditated at the divine doorway by the Destiny Stone. It's allowed our consciousness to drop deep into the earth connecting with the initiation tunnels and the Inner City beneath the Giza Plateau, the home of Osiris." No! This can't be happening, I thought.

Isis smiled and nodded as if she'd heard every word inside my head.

"Amanda, our paradigm has been set and our cosmic work completed for this time. You may not remember the details of this experience, but your heart will never forget your journey. You've delved into new realms, new dimensions and the deepest place of your own heart and soul. You and all here today are the ones we've been waiting for and those who've stood up to be counted as spiritual light-workers. You heard the call and responded. Now your work begins."

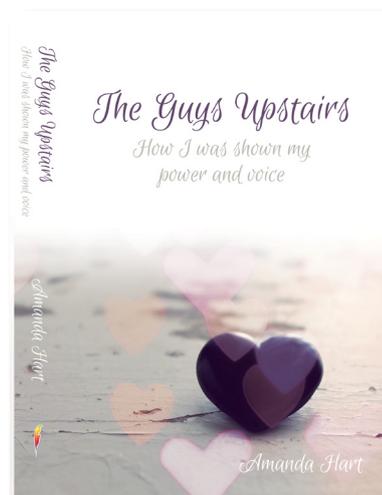
On the final day, I stood in the garden of the hotel packed and ready to leave, watching the first rays of the sun illuminate the Great Pyramid. My heart opened and I felt the joy I'd always yearned for. I was ready for my great opportunity to serve.

Amanda Hart is a therapist who has practised a wide range of natural healing and psychological techniques to help people address personal challenges and enhance their wellbeing for over 20 years.

In 2003 Amanda was diagnosed with meningitis septicemia and near death was informed by doctors she would not survive. Determined to bring up her children she healed and looked at how she did it so she could help others heal themselves. 'The Guys Upstairs' showed her how to access and draw upon her full potential and talents to successfully start living the life she truly desired. This healing technique has helped people from all walks of life overcome issues on an emotional, mental, spiritual and physical level and overcome barriers that have prevented them transforming their lives successfully.

If you would love to work with Amanda you can visit her practice at Neal's Yard, Bury St Edmonds or go to

www.thesoulsearchingcentre.com





MULTI-PURPOSE CINNAMON

BY JILL DAVIES

Medical Herbalist & Natural Healer

Cinnamon and Winter go hand in hand. Added to drinks, apple dishes, curries or as a Nutri-Bullet addition, it brings warming and festive cheer. Its multi-healing abilities come from the essential oils found in the perfumed sticks, and are used to treat a very wide range of ills from fungal overload, to diabetes and blood clots, to digestive issues.

The Right Cinnamon

Be careful, do not use the undesirable Cassia bark, which is a different species from China and popular for its cheap price tag. Instead, use true Cinnamon from Sri-Lanka (*Cinnamomum verum*) for its superior bio-chemistry and lack of dangerous levels of coumarin. The Sri-Lanka Cinnamon (it's wild) is highly fragrant and hugely medicinal and for this reason is our only source at Herbs Hands Healing. This wild certified provenance makes it particularly bio-chemistry rich as it jostles to survive amongst weeds and other plants.

Growing the Sweet Cinnamon

The shrubs are left to grow for 2 years, and then the stems are cut back to ground level (coppiced) and allowed to re-grow. It is this new growth as 'shoots' that are cut and collected. These stems are then scraped, beaten and rolled; in all only the inner bark is used, discarding the outer woody portion.

Sugar – Blood Sugar & Diabetes

Try stirring Cinnamon into dishes you would normally sweeten and you may be surprised how deliciously sweet and mellow it is without any further sweetening needed. It is really good for low blood sugar, as it 'regulates' glucose levels. It can also be a great aid to weaning off excess sugars (even honey) for those reaching for a sugar push. In relationship to diabetes and pre-diabetes, studies have found it equally lowers blood glucose levels, and whether type 2 or type 1, it can be taken alongside medication. Added to this, research has found that cinnamon lowers the rate at which your stomach empties after eating a meal, which reduces the rise in blood sugar levels. (It will of course help weight loss and feeling more satisfied for longer.)

The Digestion & Tummy Friend

As an all-round anti-microbial, Cinnamon has been used for centuries to help preserve foods and ward off microbes, so in the gut it will defend and neutralise undesirable fungus and bacteria. Added to this, it is digestive, fragrant and comforting as it soothes the stomach lining, increases metabolism, and aids any gastro-intestinal spasms because it contains an agent that breaks up intestinal gas.

Anti-fungal

Cinnamon is the queen of anti-fungals. It will reduce the growth of the yeast candida and increase your resistance to candida longer term. (Candida is the most common fungal infestation particularly amongst women.) Equally it can help external fungal infections like athletes foot (make into a foot-bath or use diluted Cinnamon oil and water (as per Cinnamon essential oil cleaner below). It is also highly prized for being effective against yeasts that have become resistant to anti-fungal medications.

Anti-oxidant Supreme

There are many claims for the best anti-oxidants, but one such claim for Cinnamon comes from the US Department of Agriculture, who rank it seventh in all the foods they tested. Apparently a teaspoon of Cinnamon is equivalent to ½ cup of blueberries, while another evidence based study compared 26 different spices of which Cinnamon was the overall winner.

Kidney Support

Cinnamon is a natural diuretic and will aid the filtering out of waste toxins within the blood stream, including overly high creatinine levels or uric acid. It's a soothing herb and will naturally work gently and in a non-irritative manner. Type 2 diabetes is known to lead to chronic kidney issues, so controlling and levelling blood sugar levels will immediately also further help kidney function.

Pain Relief by Thinning the Blood

Pain is often aggravated by inflammation, so the mild blood thinning effects of 'true' Cinnamon are useful for any inflammatory condition with attendant pain or swelling. The anti-coagulant effect in Cinnamon is down to its low levels of 'coumarin' a known plant 'blood thinner'. As mentioned earlier, be sure to use the correct Cinnamon species for this pain relief aspect. The cheaper Cassia contains much more coumarin (German research suggests 63 times more) with amounts of real danger to adult kidneys and livers, let alone children.

Anti-microbial Immune Defender

With the ability to thin the blood and increase blood flow, Cinnamon will enable more oxygen to travel round your body, which automatically increases body strength and its ability to fight illness.

Long used traditionally as a food preserver, this was confirmed in a study published in 2003 by the *Internal Journal of Food Microbiology*. When

Cinnamon essential oil was added to re-refrigerated carrot broth, the growth of a common food-borne pathogen was inhibited for almost TWO MONTHS! When the carrot broth was re-refrigerated without the Cinnamon oil, pathogens flourished. So by consuming Cinnamon we can create a positive gut flora and immune system outcome. Try using it to clean out bread bins or clean your fridge, fruit bowl and other utensils – see essential oil cleaner below.

Cinnamon Nutri-Bullet Smoothie

Just pop the powder into your daily or weekly Nutri-Bullet recipe. Remember it adds a natural sweetness to 'vegetable only' versions or indeed a lovely fragrance and flavour to already sweet apples, pears, or other fruit. Put in 1 tablespoon of Superfood Plus and ½ – 1 flat teaspoon of wild Sri Lankan Cinnamon powder.

Cinnamon Milk

Using any plant milk, add 1 stick of Cinnamon (or ¼ tsp of powder) to 250mls of milk. Simmer for 1-2 minutes, leave to steep for 10 minutes, sieve to remove stick pieces (if used) and drink.

Cinnamon Chai-Tea

You can make a version of the traditional Indian Chai using tea, de-cafeinated teas or no tea leaves at all. Either way use:-

250mls cup of water
1 stick Cinnamon
4-8 crushed peppercorns
1 small piece of ginger
4 whole cloves
Optional honey and raw cane sugar to taste
Simmer all, steep for 10 minutes, sieve and drink

Cinnamon Essential Oil Water & Cleaner

Dilute 5mls essential oil of Cinnamon in 250mls of spring water and shake. Use as household cleaner and effective odour neutraliser around the home. Or as a fungal skin wash.

Beauty Skin Treatment

The Ayurvedic tradition has been making women beautiful for aeons. Make a paste of Cinnamon (using powder and water) and put it on your face, where it soothes and gently irons out lines and wrinkles. It can also provide pain relief for any neuralgia or facial pain. It can irritate some sensitive skins, so do a patch test first behind the ear.

Cinnamon, Cinnamon Everywhere!

As you may have guessed, I am a great fan of Cinnamon and have incorporated it into 6 favourites at Herbs Hands Healing. Incidentally, Cinnamon 'cinnamaldehyde' is also a natural insecticide for the organic vegetable patch or roses, so it's even a gardener's ally.

Mullein & Star Anise Herbal Tea

The first ingredient in our liver and digestion loose tea is whole crushed wild Sri-Lankan Cinnamon quills. Delicious.

IntestAble Capsules

Freshly powdered wild Cinnamon sits alongside wild cloves, coriander, olive leaf, garlic, thyme and chicory for both generalised gut support, candida and general immune defence.

EnergiRevive Powder

Although 85% Siberian Ginseng, followed by lavender and arrowroot, the Cinnamon in this formula adds warmth and gentle flavour to this overall adrenal repair, and nerve support powder. Handy on its own or combined with Superfood Plus.

Lemon & Artichoke Concentrate

The line up includes not only Cinnamon but also fresh lemons, garlic, basil, mint, rosemary, artichoke and fennel in a cider vinegar base. Hugely pleasant and digestive for occasional or constant gut issues.

Loose Wild Cinnamon Powder

This wild certified Sri Lankan powder is beautifully fragrant and delicious added to Superfood Plus and used in winter stews, sprinkled on roast vegetables, added to drinks, muesli, stewed fruit and more.

Cinnamon Essential Oil

A delightfully fragrant essential oil, useful for oil burners or make your own home cleansers.

If you would like to discuss, ask questions or fine tune anything I have said here, please call me. Our advice line and myself are available from 9am - 1pm Monday to Friday on (+44) 01379 608201. Or visit website www.herbs-hands-healing.co.uk

For Nutritional Therapy consultations in London or Brighton, try Lorna Driver-Davies. Telephone: 07976 437190 or visit www.feelbetternutrition.co.uk

Mail Order ~ Order Form

Cancellation of Order. We do not offer goods on approval. The Consumer Protection (Distance Selling) Regulations 2000 give you the right to cancel an order within seven days of receipt. You must notify us IN WRITING by letter, fax or email, and you must return the goods unopened and unused at your own expense. We will then refund, within 30 days, the original purchase price of the product in question, plus any postage and packing costs that applied to the original order.

Address: Paradigm Shift Publishing Ltd, 13 Willow Drive, Normandy, Guildford. GU3 3EJ. Tel: 0800 035 2926 or +44 (0) 1483 813641
email: info@paradigmshiftmagazine.com. www.paradigmshiftmagazine.com

Your Details:

Name

Address.....

.....

Tel:

Payment by credit card - Mastercard/Visa/Visa Debit/Maestro/Solo/Electron

Card Number

Valid From Date:.....Expiry Date:.....Issue No:.....

Security Number (last 3 digits on signature strip)

Name as shown on card

Signature

DVDs / CDs / Cards UK Sales only for these products		Qty	£
Product Code			
		Total	£

UK Sales only!

Cheques payable to Paradigm Shift Publishing Ltd. Sterling cheques drawn on a UK bank only please. Postal orders also accepted

Please allow up to 28 days for delivery

If you wish to send your order by post you may use our Freepost service. Please write Freepost RRXE-TZCY-YXHK above our address: Paradigm Shift Publishing Ltd, PO Box 1102, Guildford. GU1 9JU. Please do not use as stamp as well as the Freepost code as we will be charged for the cost of postage anyway.

Mail Order

The Crystal Sound Activation *by the Alchemysts of Sound*

Lui Krieg and Paul Foss, The Alchemysts of Sound, bring together two of the most ancient and most powerful healing modalities – crystals and sound. In this 30-minute meditation a most profound and deep state of consciousness is reached. It is extremely relaxing and activates powerful changes on the physical, emotional and spiritual levels, clearing the energy field and quietening the mind, thereby connecting you to a deep form of Source frequencies. The pack includes this CD and two mudra crystals (Himalayan Crystals).

SA 001 CD & Crystals £26.50

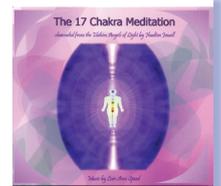


Best Seller

The 17 Chakra Meditation *by Jhadten Jewell*

The coded energies of the Elohim guide you through Jhadten's voice to connect with the Earth Chakras, allowing you to embody the higher chakras of your energy system. These higher, transpersonal chakras are chakras of consciousness, awareness and love. Meditation 1 connects you with these chakras and brings their vibrational frequencies into the body. In this way the traditional 7 chakra system is expanded. In Meditation 2 you understand that once the Earth and transpersonal chakras have been integrated, new chakras of fifth dimensional frequencies are birthed within.

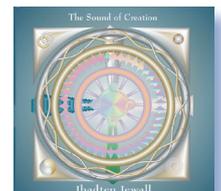
JJ 002. CD £ 15.25



The Sound of Creation *by Jhadten Jewell*

In this sound landscape, Melchizedek guided me to re-create the process leading to the power of sound creation as we move through these times of change. (1) The Goddess Rises ~ reflects the return of the Goddess consciousness to our awareness. (2) The Father Reborn. (3) Transition ~ as we learn to embody a whole new consciousness of the Mother and of the Father, a new Alchemy can begin to work through us. (4) The Sound of Creation ~ this amazing piece is based on a sacred sounding in the Chapter House of Wells Cathedral in England (Nov 1999). The 77 voices are singing in counter-rotational fields of sound.

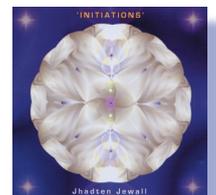
JJ 001. CD £15.25



Initiations *by Jhadten Jewell*

Jhadten transmits the most important aspects of our evolving consciousness at this time in poetic imagery and vibrational frequencies of a new wholistic awareness. The Meditations as well as the intonations are vibrational imprints of this new consciousness. Tracks: (1) Initiation of the Magdalene flame; (2) Initiation of the New Cosmic Father Energies; (3) Initiation into the Twin Flame Energy and Eightfold Seal of Infinity.

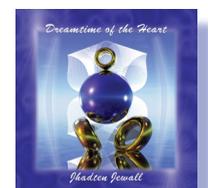
JJ 003. CD £15.25



Dreamtime of the Heart *by Jhadten Jewell*

The sequel to the *Sound of Creation*, this CD was inspired by a Sacred Journey to Australia and the Sound codes received there as a new Dreamtime was opened for Mother Earth in 2002. The music and editing for this CD was again done by the talented and amazing artist Hans Timmermans in Holland. The tracks are: Horus Initiation, Eternal Grace, Interlocking Dimensions, The Eternal Now, The Ishim Angels and A New Dreamtime.

JJ 007. CD £15.25



The Whizzard Cards *by Jhadten Jewell & Wilka Zelders*

This set of cards offers you an experience beyond the knowledge of the mind and can help you access higher dimensions of your own awareness. The images are not symbolic and do not answer questions, they show patterns of energy fields and are an invitation to you to feel how these fields resonate within. The card pack comes with an instruction leaflet in English. The accompanying book of prose and poems has now been translated into English and is available as a boxed set.

For more information visit www.whizzardproject.com.

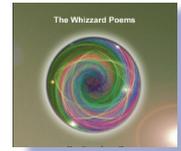
JJ 004 £15.25 Cards only

JJ 005 £35.50 Card set with book and velvet cover



The Whizzard Poems *by Jhadten Jewall*

This double CD contains the 36 poems that accompany the Whizzard Cards, spoken by Jhadten to the meditative music of Hans Timmermans. Jhadten's voice transmits the frequencies of the elementals and their messages to humanity at this time. The poems re-create the vibrational gateways to manifestation in harmony with the elemental kingdoms.



JJ 006 Double CD £17.10

Light Energy Portraits *by Jhadten Jewall*

A visual journey into the realms of energy perception - the natural patterns of life force in events, being and things. The world of energy is fascinating when it can be seen. Jhadten has developed not only the ability to see, but to also draw these energies.



JJ 008. Book £62.95

72 Archangels of the Kabbalah *Live Recording by Rosemary Stephenson*

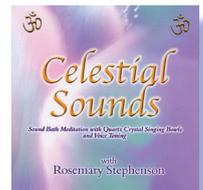
An activation of powerful Ascension Sound Codes through the 72 Archangels for 2013. Allow the Archangels to activate these sound codes and symbols for this very important and exciting time in our evolution. Magical sacred sound with Rosemary's Voice and crystal bowls of Amethyst, Ruby, Azestulite, Quartz, Moldovite and Rose Quartz.



RS 008 CD £13.25

Celestial Sounds *by Rosemary Stephenson*

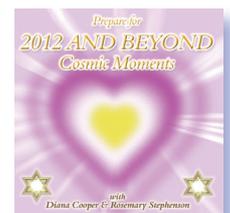
A sound bath meditation with Quartz Crystal Singing Bowls and Voice Toning. Celestial Sounds takes us on a journey to the Angelic Realms, restoring harmony to the heart, mind, body and soul. Singing Bowls are powerful healing tools made up of silicon quartz which emit crystal clear tones and the higher vibration of PURE WHITE LIGHT. Immerse yourself into this totally relaxing sound meditation as Rosemary weaves the tones of her voice into the beautiful sounds of the Quartz Crystal Singing Bowls.



RS 002. CD £13.25

2012 & Beyond *by Diana Cooper & Rosemary Stephenson*

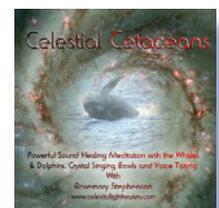
This exciting double CD offers a special programme to prepare you for the forthcoming cosmic moments. It includes fascinating up to date forecasts for 2012 and the 20 years beyond, invocations and affirmations including The Vision Prayer and Oneness song. Diana gives information and exercises to unblock and heal your heart centre, remember your divine essence, transmute fear, remove your armour and open to oneness, direct your spirit to travel to higher Ascension Chambers and honour all life forms.



RS 005. 2012 CD £17.90

Celestial Cetaceans *by Rosemary Stephenson*

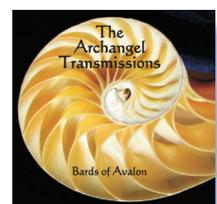
Connecting to the Planetary Star Beings. Powerful Sound Healing Meditation with the Whales and Dolphins, Crystal Singing Bowls and Voice Toning. This meditation was inspired from my profound connection with the Whales and Dolphins in Hawaii 2009 and the planetary energies I am currently experiencing. 1. Celestial Cetaceans. Rosemary with crystal bowls, voice and Whale and Dolphin song. 2. Celestial Planetary Star beings. Rosemary using crystal bowls, voice and percussion (gong and chimes).



RS 007. Double CD - £15.50

The Archangel Transmissions *by The Bards of Avalon*

This album brings the essence of the Four Archangels of the Four Directions and their twin flames. Play this for entering profound meditative states and developing connection with the Archangelic realms. An extraordinary vocal composition by twin flames Bea Martin and David Johnson that brings the energy of these mighty beings into the present moment with amazing power. "Bea and David are a remarkable couple anchoring the energies of the Divine Masculine and Divine Feminine." Catherine Stargazer.

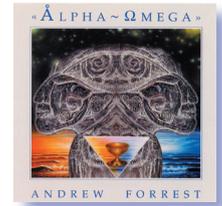


BA 001 CD £13.20

Alpha & Omega *by Andrew Forrest*

Inspired by the Andromeda Star System. An epic, beautiful instrumental space journey, taking us home to our stellar source of origin. Trance-ambient movements, abstract textures and profound sonic experiments. 1. Light Years. 2. In Search of Seraphim. 3. Communion. 4. Parallel Worlds. 5. Dark Portal. 6. Alpha Omega. 7. Heavenly

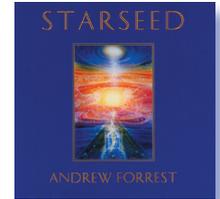
AF 003. CD - £12.75



Starseed *by Andrew Forrest*

Inspired through the Sirius Star System. A classic, best selling album with a huge celestial soundscape symphony. Cosmic meditation and DNA activation. Powerful, haunting passages evolve, guiding the listener to deep inner-space communion. 1. Interstellar Harmonics. 2. Merkabah Resonance. Instruments include: Keyboards, Overtone Voice Harmonics, Tibetan Bowls and Bells, Windchimes, Humpback Whale.

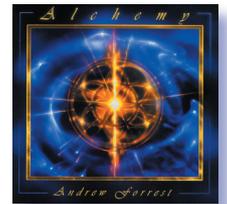
AF 002. CD - £12.75



Alchemy *by Andrew Forrest*

A monumental heart meditation and soul journey. Layers of rich textures release you into the lake of your deep still core. A sacred marriage of the heart and soul . . . ultimate sonic alchemy! Instrumental, majestic, powerful, healing, breathtakingly beautiful. 1. 'I AM' Presence. 2. Liquid Light. 3. Alchemy of the Heart. 4. Sacred Marriage.

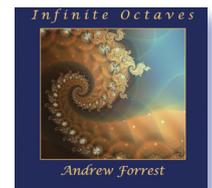
AF 001. CD - £12.75



Infinite Octaves *by Andrew Forrest*

Volume I (Pleiades) in the 'Star System Trilogy'. After years of preparing new sounds and textures, and 12 months composing and recording, 'Infinite Octaves' finally concludes Andrew's 'Star System Trilogy'. Four monumental, deep space tracks guide the listener to timeless, distant realms. A sonic leap thanks to a new all-digital recording studio with unlimited track counts and enormous editing possibilities!

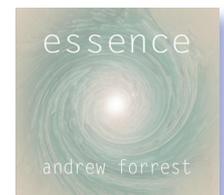
AF 004. CD - £15.00



Essence *by Andrew Forrest*

Explore completely new sonic territory with Andrew's latest composition. 'Essence' comprises four seamlessly merged movements. Vast, constantly evolving sonic landscapes are interspersed with beautiful arpeggiated sequences, and the most subtle weaving of delicate, abstract textures. 'Essence' will bathe you in a soundscape of shimmering, elegant, graceful beauty. 'Essence' unveils The Timeless, revealing deep mystery, leaving the listener with a re-discovered childlike wonder and profound peace.

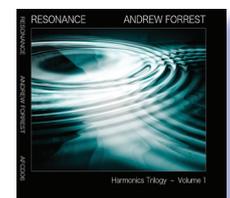
AF 0005. CD - £15.85



Resonance *by Andrew Forrest*

Resonance is Part I of a new trilogy called the Harmonics Trilogy. It is comprised of three long movements (each over 20 minutes) of very powerful instrumental passages followed by delicate quiet melodic and highly textural sections. This is Andrew's most classically inspired album to date. You will be immersed in a new resonant harmonic sound field that will cleanse and heal and leave you feeling a sense of renewed peace.

AF 0006 CD - £15.85



Boundless *by Andrew Forrest*

Boundless is comprised of three long movements, each over 20 minutes. This album is a vast and constantly flowing sound-weave that explores a subtle yet very powerful harmonic richness. Andrew's trademark massive 'deep-space' string pad passages seamlessly merge into intricate arpeggios and exquisite otherworldly abstract textures. The music is alternately expansive and intimate, and this sublime sonic journey invites the listener to experience the sheer boundlessness that is our very nature. Definitely Andrew's most uncompromisingly 'far-out' and unbound release to date!

AF 007. CD - £15.85

New Release

