



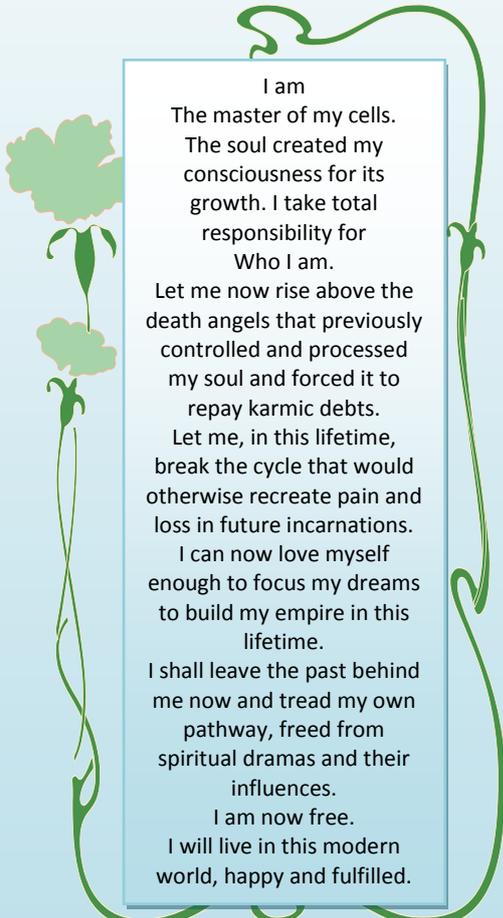
Elaine Croker 2008



# NEWS LETTER

## January 2012

### STRESS RELEASE HEALTH & WELLBEING: # 56



I am  
 The master of my cells.  
 The soul created my consciousness for its growth. I take total responsibility for Who I am.  
 Let me now rise above the death angels that previously controlled and processed my soul and forced it to repay karmic debts.  
 Let me, in this lifetime, break the cycle that would otherwise recreate pain and loss in future incarnations.  
 I can now love myself enough to focus my dreams to build my empire in this lifetime.  
 I shall leave the past behind me now and tread my own pathway, freed from spiritual dramas and their influences.  
 I am now free.  
 I will live in this modern world, happy and fulfilled.

### A MESSAGE FROM ELAINE

Welcome into this "New Year". 2012 holds many ideas to what it means to this wonderful world. Chosen thoughts dwell among us. We know it is the end of the Mayan calendar. I am sure the earth and her people will cross a timeline into a new era.

**Should we understand the flow of energies that allows life to live, remember our space is guided by nature. So may we think, speak and thank her daily so we all work in harmony as time will move us across the dateline together.**

**Love is a key to many answers. Trust and love unite an outcome of good and not evil. So may I encourage us all to love and not fear or hate in this new time, new era and new feelings for the earth and her people.**

### SPIRITUAL WISDOM IN OUR CELLS

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***This is the greatest purification that will ever take place: when we all think only good things about each other.***

All feelings between friends are well established before spoken words are said. The way we think has already been connected and so a feeling of what we would say only confirms it. The thought has put a rift in place even across distances.

There is a pattern of rules established in our cells. What is right for someone can be considered wrong for another.

Groups of people build cultures. These were established by repeatedly following the same patterns that then became rules for that group. Family ideals hold responsibilities. Health can run in a family.

If you become a worrywort, and you teach your children to be worryworts, and they teach their children etc. etc. then the gene in the cell will change and our children will be born, already worried.

Worry is an illustrated thought that doesn't exist. It only appears when we give it enough juice to manifest itself.

But please do not worry because there is a power to overcome these negative influences that may be born in us.

Our emotions can swing us back and forth and we might feel that we are not in control, but we are. Our genes are emotional but we are all powerful and can correct these emotions and create our own lifestyle by our thought and speech.

### ELAINE'S QUOTE THIS MONTH:

**Continuous reasoning will dampen our enthusiasm. The first thought holds the idea with our right skills to trust and change it into the ideals in our dreams.**

### CONTACT

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