



# NEWS LETTER

December 2011

## STRESS RELEASE HEALTH & WELLBEING: # 26

*"I am" the master of my cells.  
 My consciousness formed a cell that is stricken with Candida. This is a form of emotional sweating around the cells involved. I ask for my inner powers to now cleanse the emotions and form a body wash that will wash each cell clean of Candida.  
 I will now eat and drink as my body tells me therefore purifying the water inside my body.  
 I will work with the whole of my body and it will be given the cure. I will now clean up Candida from my physical form. I also clean my aura and my soul of this inferiority complex.*

## A MESSAGE FROM ELAINE

We are all born on the road to discovery. Many of us trust others to lead us into a better world. However, the soul of our being covers the wholeness of every persons dreams. Can we as one person know it all? We may think we do. Yet I have found we dont know it all, but we do know, by muscle testing, where we can find it. Ask and you shall recieve has been proven to me many times.

As this is our last Newsletter for 2011 may you all have a wonderful Christmas.

As we move into 2012, we are the people of that year. We are the living soldiers marching forth to claim the new world. Be not afraid for the soul of this Earth will take us into the Golden Years

## TALK TO YUR CELLS

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Life can be full of delightful surprises when we balance the best for ourselves first and trust the focus of our Higher Self. We are nothing if we do not do the right thing for our own happiness.

- We can happily live day by day until the time is right for us to make a new contract for our future.
- We must dwell in the present so that we are not haunted by the past or overpowered by the future.
- We must live in the present so that we are not robbed by fears or doubts, but can still have awesome goals.

Most of us were taught that is was good to save for a rainy day. This is part of our occult belief. It is not necessarily what our Higher Self needs or wants. There is the law of attraction to be considered.

- If we dwell with the fearful we will live by their rules.
- If we fear spending money and feel we must save it, we will spend it on needs and not on desires.
- If we think money is a protection against bad luck then we will get bad luck whether we have money or not.
- If we allow ourselves to be caught up in the fears of the present world we will not be able to make our dreams come true.

I channelled this book from my Higher Self. Through it I have formed a different worldview. We can all form a new picture of our past, present and future by discovering that happiness resides in us and it cannot be Wisdom found anywhere else. It belongs to us all, through Love, Joy, Grace, Peace and is formed by us getting in touch with the Intent of our Higher Selves using our sacred time properly.

## ELAINES QUOTE THIS MONTH:

**Liberty to be happy and joyous with our world, to celebrate Christmas, comes from the inner joys of our being. You are body mind and spirit in tune with life love and future abundance.**

### CONTACT

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