



NEWS LETTER

February 2012

STRESS RELEASE HEALTH & WELLBEING: # 87

"I am"

the vision of life that has cradled my soul through many times and human bodies.

I have the gifts of the forefathers inside every cell. The soul is a weightless connection between the two, until I invite it to dwell in my dreams.

Allow me to use my cells wisely while I am on this earth, so that through the upper room of my brain that holds my higher self, I can communicate with my light angels.

I can ask for their assistance to produce the materialisation of my dreams. Allow every muscle in my body to work in harmony to present the beauty of my soul in my features.

Then I can gather the star seeds that are rightfully mine.

A MESSAGE FROM ELAINE

We are starting our year with much enthusiasm. The schools are bringing into Primetuning many wonderful people. The catch up days run by Sue in Sydney are producing students to take Primetuning forth. Thank you Sue.

We at Ulladulla are working hard and I am so thankful for wonderful support by Sharron and Cath. We too are running a catch up day for our people on the 25th of February and we will run a Level 1 two day school on the 31st March and 1st April. Please contact Elaines office, 44552227.

There has been some positive feedback from all types of work Primetuning has produced.

HUMANITIES ROLE in the EVOLUTION IN THE SOUL

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So, how do you feel about where you are today? Is it mind over matter? It is. We each have a matter-forming mind. You can be grateful for being who you are, and for having the time to become who you want to be.

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So let's stay aligned with only one spirit – the human spirit – the one that came with us from conception.

ELAINES QUOTE THIS MONTH:

The seeds of thought magnify the source of acceptance, to own what we desire, that prompt us to think

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