



NEWS LETTER

April 2011

STRESS RELEASE HEALTH & WELLBEING: # 27

"I am"

The bowerbird that collected emotions that created my troubles.

I ask to understand why I did this to myself. I will not play games or judge why it's so. I will clear the emotions by myself.

I now take them off my cells and thereby relieve my boiling painful feelings. Let my body breathe in to relate with my incoming consciousness, then I will breathe out all the wrong emotions that I have collected over the years.

I am now free to live my personal life corrected.

A MESSAGE FROM ELAINE

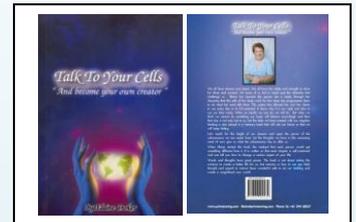
Soul searching moments come and go. However, we are the practical outcome by what we find. Sometimes hardship moulds us into survivors. Other times we can become lost. Our personal emotions are our values to what sorts the right from the wrongs.

Our human spirit holds the keys to all success.
Love who you are first.

Share who you are with joy. Wealth is an energy only created by gracefully allowing its flow to come to us, through us and onto its next stop over. Peace of mind is the gift you owe to you as you work each day in your chosen careers. Wise is wisdom by who you are, not what you should be. Remember our soul chose you to furnish the upper room of your very own records.

You are who you are in that room, unjudged or distanced from achieving your BEST.

Elaine



"Talk To Your Cells and become your own creator" Page 66.

There are changes happening in all areas of our lives. A young man came to see me. He was a shearer and had an idea about a new hand piece for his machine. He had thought out the patterns and often rang me to ask questions by muscle testing. I didn't know anything about cutter bites and overheating, but with the help of muscle testing, we were able to get measurements and materials that would be successful. For example, he ran into some trouble trying to get the glaze that would go over the metal and not crack under pressure, but we found it! He produced a hand piece that worked successfully. He patented this on the world market. I was able to support him by channelling the information from his cells.

ELAINES QUOTE THIS MONTH:

We are born to live a life to create and discover who we are. Plan and allow miracles to happen and we'll surely achieve our dreams.