



NEWSLETTER

APRIL 2012

STRESS RELEASE HEALTH & WELLBEING: # 28

"I am"
the pure senses of my truths.
I am not obliged to another's truth. I produce the energy formulas that create my behaviour.
No other person's concept can mark my brow with guilt. I do know that my behaviour must relate to a personal standard.
Let me consider the bigger picture, and as I work with my truths, I will respect other people's truths and never judge from my point of truths.
This will set me free to work with everyone without contempt, judgement or favour. I shall enjoy this human harmony.

A MESSAGE FROM ELAINE

The Wisdom that we all crave sometimes seems removed or out of reach. Everyday time goes out and comes in. Could we, as the power of thought, be balanced to every new day? This has been real to me. So I am asking for the right for you all to learn a simple skill. Love who you are first, then ask time to come with the impact of your love, asking for no wrongs to hurt you or others in the moment of your day. If you start your day this way you will never be hurt or harmed, for what you put out is pure.

ELAINES QUOTE THIS MONTH:

Balanced coloured energy gives life to the entertainer of your favourite ideals with perfect skills.

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SPIRITUAL WISDOM IN OUR CELLS Chapter 4 Trusting Faith

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"So what is this powerful intellectual form no one sees but everyone recognizes, as long as you have it in your heart, mind and soul?"

It is energy created by emotions and formed by the movements of us being in and responsible for our actions.

It highlights the colours in our aura and gives them strength and meaning. It is light formed around us. It is an icon in the cathedral of our beliefs.

It is formed by the sounds and reactions of our thoughts before we even speak. It bounces out signals to same minded people and gathers them together so conversations make sense. When faith takes the mind energies unto the gifted givers, we are pulled through all blocks to have our goals become successful. When someone has something to give away, the recipient will arrive."

- "What power allows us the right to recall the wonders of nature?"
- What creates the pictures and seals the smells into our relationship with our soul?
- What power enables us to blend memories with a trigger to prompt us to dream?
- What gives us ideals to become our dreams?

Faith is a cloak we sew together. Everything in our cells holds a stitch with a thread, and that thread is faith. Our memory bank is a factory forming the patterns we desire to recall. Every day we work in that factory. We build memories until faith holds together every memory. Faith cloaks us then in what we have sewn into our cloak, and it is faith that holds us together. We will triumph in our life if we are faithful in our future dealings with our soul."