



# NEWSLETTER

## SEPTEMBER 2012

### STRESS RELEASE HEALTH & WELLBEING: # 85

"I am" the soul consciousness of my higher self. This allows me to live outside physical pain. I now ask every cell within my body to collect all the energy my soul can give. This will allow each cell to multiply its life-force. This trade with the soul gives my body time to repair. Allow me to let go of my fears and know that I am worthy of all the soul can create for me. Give me then the result of being who "I am" as I achieve my wellbeing. I have the greatest power then to become whoever I choose.

### A MESSAGE FROM ELAINE

The world of our mind knows only one side of the story. The power to change its impact is to sort through the emotions. We have five senses that hold the effects yet we can tell ourselves what to do and the emotions dissolve as a lump of sugar in warm water. Once this has processed we only have the nectar of that experience to share. The enemy becomes your friend, your business will flow and your love life will enjoy the sweetness it requires.

### ELAINES QUOTE THIS MONTH:

**So free is the gift of peace. It is our mind that distorts the price we pay to own it.**

Elaine will be conducting the following schools in Ulladulla 2012  
Level 1 Class 6<sup>th</sup>,7<sup>th</sup> October  
Level 2 Class 10<sup>th</sup>,11<sup>th</sup> November  
Level 3 Class 1<sup>st</sup>,2<sup>nd</sup> December  
Anyone who is a previous student, or those who have completed level 3, and would like to learn, or refresh knowledge of Primetuning and the Human Spirit is also welcome to attend these classes.

### CONTACT

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### SPIRITUAL WISDOM in OUR CELLS

#### Chapter 12: Life Records become Soul Testimony

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- ❖ There is a place where the sun never sets.
- ❖ There is a valley where the purest water will forever flow
- ❖ There is a mountain that we will one day stand on and know that the entire world is righteous under its shadow.
- ❖ There is timeless time to never, never grow old or become weary, sick or lonely.
- ❖ There is power and there are dreams of this new world of wonders.

There is a promise that a new world and a new heaven will be created. Under the tree of life is the power to create it. It was hidden because we were not ready to find it. When everyone lives by Love, Joy, Grace, Peace and Wisdom, we will all rejoice and share in it. So I am just a part of the Soul. I love the part I fill and every day is a collection of moments I have written into my gene that I will pass on to my offspring. I love the fact that I can let my forefathers dwell in me and live with me on my mission. Without this stream of life nothing could be accomplished. Do not blame or judge failures, for out of every cell is the gene to redeem and set us all free. So therefore, good will overcome all evil and sorrow will disappear and our very being will fill up with the human spiritual blessings known as Love, Joy, Grace, Peace and Wisdom. Through the human reasoning mind it shall be achieved, on behalf of the Soul.