



**PRIMETUNING**  
OF Cellular Vibrations®



# NEWSLETTER

November 2014

**STRESS RELEASE HEALTH  
& WELLBEING: # 54**

## "I Am"

the human who supports my soul that planned to work in this field. I apply all of me to nurture my soul.

I will work through every step necessary for success in this field and all involved in my work will support me.

Let my thoughts bond with the soul matrix, and include all of the earth's people in the rewards my work will bring.

Let us not pollute the economy or the earth, but share in her wealth.

I am good for this contract because I am

Healthy, Wealthy, and Wise.

## ELAINE'S QUOTE THIS MONTH:

Little drops of dew refresh the earth each morning. It's a gifted drop of water for the sun to shine upon. We who would ask for strength to help us, must start the day with good vibes. The sun shall shine on our cells for strength and be watered to flourish.

## A MESSAGE FROM ELAINE

**We live by the gifted thoughts, only if we water the ideas each morning.**

**To ask our mind to hold the realities of a great day, must start in the early morning; enlightened ideas.**

**Then most of the light inside the day will fill up each cell to carry our ideas into and ideal. So may we sit in each morning to prepare the growth and movements to work for us, and surely it will**

## PRIMETUNING CALENDAR

for 2014 at the present time:

**29<sup>th</sup> & 30<sup>th</sup> November 2014 – Level 1**

**Ulladulla**

**21<sup>st</sup> & 22<sup>nd</sup> February 2015 Level 2 Ulladulla**

Classes are dependent on numbers.

For further information contact the office

**02 4455 2227 or Cath 0431 109 300 and Sharron 0407 287 005**

## Spiritual Wisdom in the Cells

**Page 81:** "The soul was given pride of place in our human being. The earth grows all that we plant, even us humans. So if the soul is spiritual without form, where is it and where does it go? Do souls multiply here on earth, or are we simply shadowed by its form?"

**Page 92:** "We are all in some place and time on a powerful journey. Some of us have formed a good rapport with our holistic principles, while others are still lost in a spiritual pattern of the karma system of the genes. The mind is a world of conditions that we inhabit. Our genes form some of these conditions even before we are born. The casualties, in many cases, are timed to occur in this life."

November has been exciting month and a busy one. Elaine's presentation of her work at the Breathwork Australia Conference in Bowral was outstanding and warmly received.

Our 2014 Level 4 class was another enthusiastic and exceptional group of PrimeTuning Practitioners. Our Level 4 from 2013 has produced 100% of our practitioners finalising their studies at this time

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