









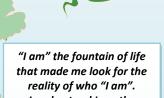


NEWS LETTER

AUGUST 2010

STRESS RELEASE HEALTH & WELLBEING: # 81





I understand I am the consciousness of many light years that passed through good and evil. I am aware and alert to spiritual demons that cling if I allow them. I also have my forefathers' values but this is my lifetime and I will cleanse all demons successfully. "I am" part of everything, even from every nation. I am here to fulfil a masterminded plan, to clean the demons out of my life force and also the life force of my people.

ON A PERSONAL NOTE

From Elaine

How time flows. Primetuning is doing the same.

We have just arrived home from Melbourne after a wonderful school in Nadia's new home.

What an amazing place.

Our darling Nan, Irene Croker Bruces mum, passed over at the age of 94. What beautiful memories she placed in all our hearts.

We will be in Sydney on the 28th & 29th of August to do a second school with Rosemary Butterwoth at Crows Nest. There will be time for appointments with Sue Larkin at Concord 26th & 27th and Rosemary Butterwoth at Willoughby 31st August & 1st September.

Looking forward to this.

May you all have a wonderful purpose in all your dreams. This is so important, if we do this your time will reward your efforts.

TIME IS FREE, TIME IS AWESOME.

ELAINES QUOTE THIS MONTH:

Time is a bank of many transactions. Find a purpose to invest in and time will take it and fill it up with actions.



Chapter 2 page 17

"We form the ideals in pictures. We make ideals by standing within a moment in our lifetime, planning how it would feel if these gifts came to us. We will take time to put in all the details, even down to what we will wear and how we would feel as the plan turns into action. If you are forming a picture of an ideal partner you must be very careful before you fall in love. Most of us leave this important relationship to come to them by fate or luck. Couples come together and everything they can to keep their love alive. Yet if there is no self-love to support this picture, time will cool the passion until faults form, resignation sets in and the ideal will never be achieved."

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