

## **Welcome to Abundant Life's May Newsletter**

Happy Mother's day to all those wonderful women who are responsible for the most important job in the world.

It is through the mother that the Base chakra is developed and we get a sense of safety and deservedness in the world.

With the approaching of Mother's day spare some time to sit quietly and bring energy through your crown and pass it through your body and finally out the soles of your feet, sending it deep into Mother Earth to give love and blessings and help regenerate her.

## ***Your amazing uniqueness and how by journeying back to your High Self you will become Authentic.***

There is a shift in humankind that started as a small rumble and is now a world wide phenomenon, people are searching like never before, and within the collective psyche there is a longing, a hunger, although most can't name what it is, the feeling won't go away. Why is it that so many people are searching today for that elusive something, that spark that makes life worth living. So many people now seek out specialists in the field of therapy and life coaching and each client voices the same lament – "I just want to be happy" but they cannot define what would make them happy and content.

Why is it that they can't find happiness or contentment in their lives? Even if they have successful careers, a loving family and a sense of financial security there is still this longing for this missing element that makes their life incomplete. They continue to search outside of themselves by acquiring things, attending seminars, (both work related and spiritual) and unfortunately in some cases, resort to prescribed drugs or addictive substances looking for the panacea that will magically change their lives. There is a world wide epidemic being diagnosed as "depression" which comes under the ambiguous title of "mental illness". People are being disassociated from their feelings through anti depressants into what could only be described as lives that are flatlined. The thought of having emotions in our lives has become terrifying so people try to numb the feelings they are experiencing.

In a world where people are only viewed as a human resource and just like any other resource, can be easily discarded when used up. The manic need in people to look better, act smarter and work harder has left them totally off balance as they use energy that is required by the body to function just to get through their day. The constant levels of stress that they are experiencing in their personal and working lives is depleting their bodies and causing sickness as their adrenals constantly pump out adrenaline to help flee from this perceived danger. Their flight or fight triggers have gone into overload and burnout has become the norm. Like lemmings to the sea they move blindly through life and all the time there is a gnawing question in the sub conscious that says "who am I really and what is life all about?" With such a dark picture of the human condition and with many in the medical field at a loss on how to help people - what is the answer?

The answer is to stop and go inward. The amazing group that we had for the inner Child seminar a few weekends ago learnt the timeless truth that all the answers are within you and you have been already given exactly the right abilities from birth to access these answers, I call these your Blue Prints and they are based on your

- Personality Traits
- Numerology
- Star Signs

Each one of these brings you the exact details of the strengths that are available to you and what you need to evolve through back to Self Love.

The Essenes tell us "the stones within our path are what we build our temple with, so as we go through life we will encounter difficulties that help to hone these raw talents we have been given. The self love, tolerance and compassion we learn to give ourselves along the way becomes the emotional cement that

binds all of these stones together. There is no greater bond in the world than that of unconditional love and we need to give it to ourselves first otherwise it is impossible to give it out unconditionally.

Each of these blueprints have strengths and what the world calls weaknesses I prefer to call them immature strengths that need to be melded in the fires of Calcination, the first process of Alchemy. Enlightenment is the process of bringing light to the immature parts of ourselves, and reintegrating them into the whole, this is vital to our growth. How can you know that you are brave if you have never been scared?

***“We achieve peace not by learning new tricks or more strategies to hide our imperfections but by embracing more of our insecurities, more of our shame, our fear, and our vulnerabilities.” Debbie Ford***

This time on earth is a little like a virtual reality game where you, the creator, create your life based on your thoughts. Most of you know that the law of Attraction is “***what you think about expand***”. By going inward and accessing your feelings and asking them what the lessons are that they are here to teach you, you become Self Actualized as you are no longer dependant upon the opinions of others. Because you are this unique spark of the Universe your answer will be different to all of those around you. Just like a snowflake there has never been another you so the journey has to be tailored to your unique lessons so you can evolve back to Self Love. The answer lies with your Inner Children; they hold the secrets of where you lost your way. I had a client in my room the other day and as I was working with him, all of a sudden I saw him trapped in a rubber mould. Just like the ones many of you would have used when you were young making Disney figurines with plaster of Paris. His whole body was trying to push its way through this restrictive barrier but the rubber just moved with him, demanding that he conform to the shape he was in. It was a wonderful revelation to me because it was such a true analogy of how we become trapped into believing that we are powerless. Right from in the womb we are open and susceptible to the thoughts of others on how we should be. We come to earth as energy flowing, flexible and strong but we get trapped in a mould that does not fit us and eventually just like the plaster we hardened and our true self becomes locked within.

Over the next month seek out your blue prints, blow the dust off and begin to access your Divine Self to show you your magnificent self. Listen to your intuition, reconnect to your feelings and emotions, and utilizing the talents that you have brought with you to aid your evolution. In 1954 Einstein stated “... We shall require a substantially new manner of thinking if humanity is to survive.” This way of working is accessing the amazing right brain which is connected to the heart and the creative energy of your Higher Self. When a person is taught how to access the Mind of the Divine within them all things become possible

## **Wesak Buddha's Birthday**

**Tuesday May 20<sup>th</sup>**

**Starting 7.30 p.m.sharp – 10.30 p.m.**

**Wandin Yalock Primary School**

**Beenak Road**

**Wandin Nth.**

**Melways 121 D02**

Join us for this beautiful and uplifting occasion and release what you no longer want in your life into the flames Please feel free to bring family & friends. .

Admission is \$10 per person children under 13 free all funds go to

***Magdalene Foundation Funding Research for Kidney Kids***

Due to limited space we ask that you notify us of your intention to participate

It is traditional to wear all white but a white sheet placed over clothing is also acceptable. If you choose to sit on the floor it is advisable to bring cushions.

**Please bring a plate of Vegetarian food to share after the ceremony**

**To Reserve your place please call Rosemary McCallum**

**Tel: (03) 59 64 2930 Mob: 0402 664 706**

**Or email [info@abundantlifesolutions.com.au](mailto:info@abundantlifesolutions.com.au)**

## **In the Footsteps of the Celestine Prophecy**

1. Would you like to understand why you chose the family you did
2. Would you like to learn how your past has been a preparation for the special contribution you can give to the world
3. Most exciting of all, would you like to explore a deeper connection with your personal energy and divine source

James Redfern's Celestine Prophecy was revolutionary to a world tentatively realizing that there had to be more to life. He mapped a journey for those who sort a better way of living and who wanted to reach Higher Consciousness.

Now 13 years on we represent his teachings but we have included higher learnings as the earth's vibrational level has shifted at an accelerated pace unveiling even more mysteries that he predicted would come.

People who have already completed the course are finding that their lives are transforming and they are at greater peace and understanding of who they are, where they are going in life and how to manifest the life they want.

**Contact us now for detailed brochure**

### **Masterclass**

Our acclaimed classes giving you the skills and tools to create the life you choose. Run once a month at Wandin and Hallam and soon coming to Collingwood

Access our website below for further information under workshops

### **Inner Child**

***We don't see things as they are we see things as we are!!***

Our perceptions of life are often the rubber mould that we discussed earlier. We were squeezed into them by the opinions and beliefs of others, society and religions.

And deep down there is a little voice screaming "what about ME".

If you want to get a solid foundation and become a visionary for your life this is the starting place. Without knowledge of how you became numb to your true self and the tools and skills to repair the emotional splits in the psyche which create the false ego, you can never truly let go of trying to control what happens in your life.

Join us for this amazingly beautiful journey and reclaim what was rightfully yours.

Contact us now for dates and detailed brochure