



ShiningLite Newsletter

December 2006

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Seasons Greetings!

I would like to wish everybody Happy Holidays and hope that all your dreams come true in the New Year!

This year just flew by!!!! I joined everyone by making a lot of changes in 2006 and my intention for the New Year is to bring more structure back into my life. Hopefully all of you are thinking about new goals for 2007 and are leaving doubt and regret behind. These long nights are wonderful for manifesting what we want in our lives.

Take time to reflect on all you manifested in 2006. It was a big manifesting year so look back on all the success, joy and situations you have attracted in your life. Don't let the negative color your memories, try to be grateful for all the good that has come into your life.

Then it's time to start manifesting what you want in 2007. Be very clear about what you truly want and be specific. When I heard it was time to move my residence last New Year's Eve, I made sure to write down everything I wanted and needed in my new home—even if it seemed completely unaffordable. It doesn't have to be done neatly either although you can be as creative as you like. Mine was on a piece of notebook paper and when I ran out of room I started writing in the margins. I kept it nearby so I could jot down things I thought of to add. Up until the end it seemed like I was asking for more than the universe could deliver within my budget but last second (and I mean last second!), it all came through and I found a home with everything we needed and that was on the list. It's your intention that's important, so don't worry about grammar or spelling, just write it down as it comes into your head. For example, if you want a new, better paying job be specific and write down what you want it to be like, look like and feel like.

After you feel you've been as specific as possible for all your goals and dreams, give it over to the Divine. Don't get all caught up in the how, when, where, who, etc. Just let it go and surrender. Don't focus and obsess and, most importantly, don't be impatient. Know you deserve what you desire and surrender to the Divine to take care of the details. Take the actions you need to but patience and faith are needed for goals and dreams to manifest. Keep the intention that you are responsible for what you manifest in your life and remember that most of our dreams and goals will take some effort, especially if the Divine suddenly drops what you want in your lap. Focus on how powerful and wonderful you are!!! Miracles can and do happen every day!!

You are all wonderful inspirations. Thank you for spreading the Light!

Angel Hugs,
Janice

Archangel Michael's Message of Hope Dec-11-2006



Dearest Ones,

I come to you with joyous greetings and the message that all your loved ones on the other side are ok and checking in on you regularly. All that cross over are loved and joyously greeted on the other side no matter what happened or what they were like during their lifetime. The Divine loves all.

So many are calling on me now and asking for direction and guidance. Know that none of you are actually lost on your path, you keep moving forward all the time. It's regret that confuses your clarity. Some of you send out thoughts about marrying the wrong person or letting a job opportunity pass you by. I am here to tell you that everything is just as it's supposed to be. Your guardian angels want to assure you stay on your path, make sure you ask for them to give you clear, unmistakable signs for guidance and validation. We angels understand your need for validation, however, angels are not allowed to intrude on your free will. Unless your life is in danger, we can't intervene without your asking for assistance, support and guidance. We can always

offer our comfort and support, as our stalwart protection from danger remains constant as long as we don't interfere with your free will to make choices.

That's because your lives are about choices, not a pre-determined narrow path. And each individual's choice has some influence on others, some have more influence than others. Say you were, at one time, out of balance and used your free will to be in a relationship with someone who was also unbalanced. This person may play the role of teacher, student and partner as you both try to work things out on various levels. You

may have found that some soul mates aren't meant to be permanent fixtures in your life but that the experience itself helped you become wiser and stronger in some way. Whether you choose to stay or go, it's the experience, positive or troubled, you share with someone that matters. Forgive them but most of all, forgive yourself so you can focus on the future without regret. Know your angels hear all your prayers and thoughts directed to them. Ask us for assistance in helping you meet people who are suitable for you now—the way you are the minute you ask. When we're asked, we will try to connect you with the person who will help you grow and evolve

For career opportunities you feel slipped away, know they just wasn't meant to be. There was nothing you could have done differently to make it go another way. The wisdom you gained in understanding what you would do differently in the future is part of the experience. We understand when you grow impatient, especially when you're asking for prosperity and luck. Have hope and faith that all is in Divine timing and your prayers and intentions are being answered. Sometimes it can take time before the right circumstances can be created and other times, there is an enlightenment or self-realization on your part that needs to transpire. If you feel there is some stagnation or obstacles holding you back but you don't know what they could be, ask for your angels to shine their loving light on them. Ask that their exposure be gentle but obvious. Strive to see what you may not want to recognize or that which seems to be hidden from you. When the obstacle(s) shows itself, you may wonder why you didn't see that which is so evident before you were enlightened. Please don't dwell on the regret you didn't understand sooner, instead please call on your guardians for healing and self-forgiveness as you move ahead fearlessly and with certainty. You are meant to succeed and conquer all obstacles and fears. Call on your angels for their guidance, clear signs, assistance and support for your dreams.

No dream is foolish or unreachable. When the Divine inspires you with a dream, idea or vision, there is a reason and you will get help in manifesting it if your intentions are honest and pursuing it is for your benefit. Don't worry about how, just accept the opportunities when they arise. The Divine and your angels are on your side.

I bless you all with endless unconditional love and light. Please feel free to bless others with this also.

In Light, in Love and in Spirit
Archangel Michael

Lightwork Principles: The Growing Pains of Awakening - Part II

This article is a reprint from my September 2004 newsletter I'm rerunning because lately I've received many emails about these symptoms.

Ka wrote to me and requested to learn about ascension: its symptoms and how to ease them as this can be a difficult process at times.

The human race is in the midst of transitioning to a new stage of evolution. Layer by layer our awareness is heightened. Time seems to be speeding up as we transform our awareness of the universe and realize we are all One.

During spiritual awakening, Lightworkers' vibrations can ascend very quickly. We

become more insightful. Situations and concepts we never even thought about become forefront in our minds. At times, it can be a difficult process as layers of fear, hurt, anger and low self-esteem we have taken on earlier are peeled away and we open up to the truth of life.

As our fear of true reality falls away and we are more aware of the magnificent power of the universe we ascend, both individually and collectively. As you ascend or awaken there are very distinct symptoms and signs. Some may bring physical and emotional discomfort but know this is just the universe bringing shadows and darkness within us to Light.

Ideas seem to come out of nowhere

You may suddenly have the urge to paint, write or listen to music you previously didn't like, etc. You may receive images of strange shapes, geometric designs or colors. You may have been searching for information or a solution only to have the answer and information you need just pop in your mind. Go with these creative inspirations. Draw, paint and write them down. The Divine is talking to you! Let the creativity flow. Receive all the Divine inspiration you can. Express yourself creatively! You are aligning with the Divine Spirit of One!!

Your Psychic Abilities seem to Fluctuate

Meditation may become difficult and your mind may wander or you may find that you fall asleep. You may feel that your connection to your guides, angels and the Divine is weakened. You may find that you have trouble focusing on your lightwork or feel that the psychic messages are coming "too easily." This is because you are more aligned with the Divine. You may find that having a mental conversation with the Divine flows more easily while you are driving, cleaning, working, etc. than when you meditate. You have awakened to the point where you are consciously aware of the Divine, your angels and guides at all times. The communication lines are always open at this point. Don't feel abandoned by the Divine realms—realize instead that you are in consistent alignment with them!

Mental Conversations

You will probably find that you have many mental conversations—some may be out loud! You can work out many problems and gain insight using this self- chatter with your higher self. Your higher self is the wise Divine part of you that doesn't have any of the obstacles that come with being in the physical plane. Your higher self will be encouraging you to be more creative and courageous. You will receive valuable and reliable insight. Embrace this deeper level of self- communication. Most of the answers you seek are already inside you.



Apathy

There will be times when you feel no desire or passion about doing anything. Activities that once excited you become dreaded events. You may not feel like socializing, talking to friends or family. This is because you need time to just be. Today people are so overscheduled. I know people that read and watch TV at the same time. Try sitting in silence for an hour a day—no TV, computer or radio. Turn off the phone. Rejuvenate your energy. Don't feel guilty that you're getting nothing done. Read the novel you've put aside for months and let yourself relax. Your body, mind and spirit are busy during this time. You're letting go of old dense energy and downloading new energy from the higher realms. Let yourself shut down for a while and you'll come back stronger and more vibrant than ever!!

Linear Time-Space Changes

Even my kids have been noticing this one. Time is accelerating. Our time-space perception is accelerating as the collective earth is ascending. You may notice that it seems that you are getting less done. Don't let this stress you out. Live in the now and relax. Don't worry about the future and feeling pressured to accomplish everything 'right now.' Instead harmonize with these changes. Focus on what you need to get done now. Think harmony. Remember, "first things first." Focus on what is most important to you and let the little stuff slide.

Isolation

Feelings of being cut off or lonely will surface. You feel a void deep inside and it may scare you. Even when you're surrounded by loved ones you may feel like you don't belong or have a "hollow" deep inside. You may want to avoid crowds or crowded places. At times the spiritual path can make you feel insular and empty. You may have trouble articulating your spiritual views or have them rejected which will aggravate these feelings of loneliness. You're not alone or empty. If you feel that something is missing, it is. You have just given up old, dense energy that no longer serves you. Even still, there will be a transition time or grieving for what was even if it wasn't beneficial. The Divine and the angels never leave your side. You are discovering your own personal essence that is no longer blocked by dense energy. Let your angels fill any empty spaces left behind with endless love and light during this time.

Living in Truth

It will be harder for you to lie to yourself and others. The truth will be coming out. Authenticity and speaking your truth will become a natural state of being. You will be letting go of relationships and situations that no longer support who you are becoming. You will find that you no longer give in to people who are more aggressive and intense. You will have the ability to say no when you need to. People you went out of your way to please will wonder why you no longer care and there may be confrontations. Sincerity will be more important in your relationships, including those in the workplace. Not only will you be more honest with others, you'll be more honest with yourself. Your ego will have less influence from this point on. Listen with your heart.

Wanting to 'Go Home'

Earth isn't always an easy place to live. It's a realm of duality and there is suffering. You just want to go Home to the Divine. But, this isn't the typical suicidal feelings of overwhelming depression. You wouldn't even want to go through with it since it would cause drama and grief for your loved ones. But the desire to be in a place of only love and light can be overwhelming. Just remember that this is part of the transition process. Deep inside you know you came here to be in service to the Divine. Your work

will be fulfilling and you will complete it. As difficult as this stage can be, you are on the way to creating a new and more beneficial life. Hang on! This too shall pass.

Living Life to its Fullest Potential

You are figuring out your life's purpose. You understand how you can positively impact the world around you. In your own unique way, you are a healer. New talents and gifts are surfacing and are easily tapped into. Any suffering and sorrow you previously experienced is understood now. You know why you had to go through it and understand the lessons taught. You look at all adversaries as teachers and have compassion for those who have not yet awakened. You shine!

Ascension symptoms can come and go. Some may return now and again while others never are felt at all.

NOTE: the symptoms described above should only be temporary. Chronic symptoms should be checked out by a qualified health practitioner. The information provided is not medical in nature and should not replace any medical treatment. Consult your doctor or other health care practitioners regarding health issues.



A Little Angelic Inspiration

Angel Voice by J.L. Flamand

Peace, my Child.
There is nothing to harm you.
Dry your eyes and laugh with me.
Take my hand and let me show you
Wonder and Beauty and Joy.
Dream, Precious One.
For your visions will come true
If you let them.

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Intro to Tarot

This class is designed to help student understand and use the tarot. The Tarot is a deck of 78 picture cards that has been used for centuries to reveal hidden truths. Interest in the tarot has been revived once again as more and more people are discovering the tarot is a powerful and objective tool for personal growth and insight.

You don't have to be psychic to use the tarot successfully. All you need is the willingness to honor and develop your natural intuition.

Participants will learn how the meanings of the Major and Minor Arcana in modern tarot, including court cards, reversed cards and timing cards. You will be amazed at how naturally accurate you are. This is a four-session series that will be held at Sacred Earth and begin on Sunday February 4, 2007 from 4 to 6 pm. \$100 for 4-class series (cash only please)



Prerequisite: Tarot Deck. Bring your favorite Tarot deck purchase one at Sacred Earth. You must pre-register for this class. Payment is required before th first class. Call 847-838-5694 to register.

Connecting with The Archangels will be held this spring. Date and location to be determined.

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