



ShiningLite Newsletter

September 2006

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Hi Lightworkers!

Thank you so much for letting me visit you through your email inbox!! Just to let you know that my newsletter list is a double opt-in which means that no one can add an email address without the addressee's permission.

This summer just seemed to fly by and now it is already the Autumn Equinox which signifies winter is just around the corner. The Autumn Equinox, like the Spring Equinox, divides day and night equally. But during Autumn, it signifies the waning of the Sun as the days become shorter. This year's equinox occurs on the 23rd of September, just after the New Moon. The equinox is a great time to stop, relax and be happy. While we may not have toiled the fields from sunrise to sunset every day like our ancestors did, most of us do work hard. For us, like our ancestors, this becomes a time of giving thanks for the success of what we have achieved. During the equinox, take time to stop and survey the harvest brought in over the season. Also called Harvest Home, a theme of this season's celebrations is giving thanks. Expressing our appreciation and gratitude for all those things in life we enjoy, sends a clear signal to the universe that we desire a continuous supply of happiness and fulfillment.

Set your intentions for protection, prosperity, wellbeing and all that bring a feeling of self-confidence. Since this is a time for balance you can include intentions that will bring the energies of a relationship, home, or situation into balance and harmony.

This summer I went through many personal changes. I moved into a new home which I love. I manifested and was able to get everything I wanted for the price I could afford. After months of disappointment in seeing what was in my price range, the angels surprised me in the last seconds with exactly what I asked for!! In fact, things happened so quickly I only had two weeks to pack up and go through eleven years of living and move which was a challenge in itself! I am also in the process of closing

down my office in Mundelein and looking for one that is closer to my new home. For now, I am available for in- person appointments at Sacred Earth in Antioch, Illinois (847-838-5694) and will be there most Saturday afternoons. Of course, I'm always available for telephone readings.

Another change is that I now have a wonderful assistant named Cara Cole. I found that I spent a lot of time spinning my wheels trying to keep up with telephone messages and email inquiries and wasn't always able to respond to all of them. Now Cara, who is super-organized, will be taking over the email, scheduling and returning phone calls in a more timely manner. This will enable me to free up some of my time, avoid distractions and devote my time to the work itself. Please join me in welcoming Cara!

I want to take this time to thank all of you, my valued clients, for your kind patronage and support. I'm so lucky to have such warm, friendly and spiritual clientele!! I am so fortunate that I'm able to guide people on their life path and am honored to be in service to you! In return, I am blessed by each of you—thank you!!

May the Divine bless you all with abundant prosperity, and a plentiful harvest!

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

Angel Hugs,
Janice

Lightwork Principles: The Growing Pains of Awakening - Part I

This article is a reprint from my April 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.

Feeling energetically sapped, especially in the afternoon.

This awakening can cause growing pains. As our awareness expands, we bring in more light. Light quickens our vibrations, shines light on our shadows (individually and

globally) and clears away the old, stagnant energy. Because the energy is more ethereal and pure, it takes time to adjust and balance. Light energy can purify but purification can make us feel ungrounded and cause our physical and emotional bodies to go through a lot.

Carrying the world on your shoulders

The most common symptoms include body aches and pains, especially in the neck, shoulder and upper back. Many angelic Lightworkers will notice their scapula area as especially painful. This is a result of the spark of Divine Light within you igniting. To alleviate this concentrate on your chakras, grounding and absorb the influx of Light that is coming into your body. Close your eyes and imagine yourself glowing with this Light. Ask your guardian angels to clear away any negative energies 'off your back.' Realize that you alone can't take care of everything. But collectively, we all can change the world for the better. Learn to give over what you can't carry to the Holy Spirit. Trust that all is in Divine order.

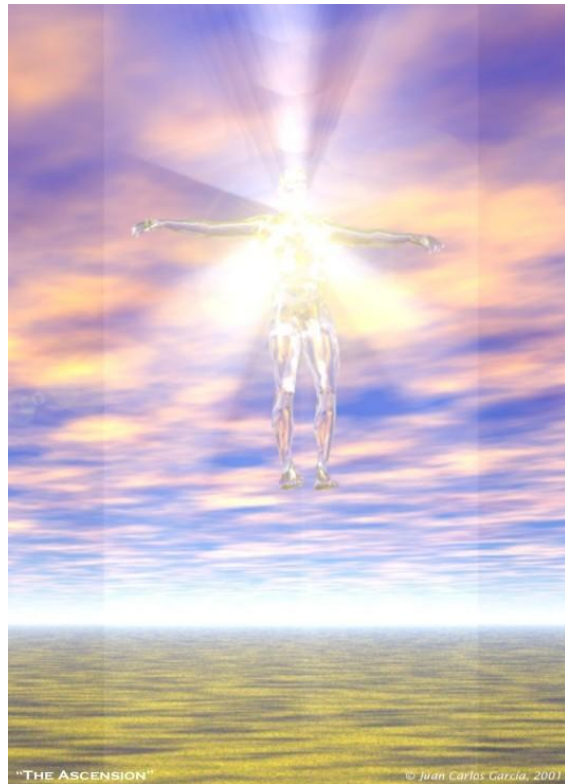
Creating the Lightbody

It's a little like being pregnant because there can be a myriad of strange, unexplainable symptoms that may come and go for a while and then just disappear. Of course, use common sense: for any symptoms that seem serious make sure you check with your health practitioner and rule out medical problems. If the symptoms are determined to be non- medical, know they are probably temporary and will pass. Your hands and feet may burn or tingle. You may experience body aches, headaches, backaches, neck pain, swollen glands, digestive problems, muscle cramps and spasms, accelerated heartbeat, chest pain and numbness. Childhood ailments that had been dormant for years may resurface. To alleviate these symptoms, embrace the windfall of Light energy coming to you. The Light can heal.

Feeling emotional and like there's 'something wrong.'

New energies are bringing more Light into the planet's atmosphere. The purified energy brings many emotional ups and downs as layers of the past are peeled away. You may have stomach butterflies telling you something is not right. You sense the underlying element of negativity. That's the subtle undertone of our dense earth atmosphere. Collectively we are all One. What hurts one of the Holy Spirit's creatures, large or small, hurts us all. The energy from this pain and sorrow lies like gray bands around the earth. Empathic people can have a hard time with this subtle energy because they can unknowingly take on the emotional pain of others.

Once you're aware of this energy level, you'll want to rise above it and move to the next level. At this point, you'll really be releasing and processing old stuff. You may feel ambivalent and emotional about leaving your old, more earthbound, materially



"THE ASCENSION"

© Juan Carlos Garcia, 2001

oriented self behind. You may even be fearful even though you know it's for the best. You may not even realize you've been holding onto sad memories and were reluctant to release them.

The hardest part can be releasing relationships that no longer resonate with your new vibrational level. Some people will let go of close relationships, even family ties at this time. Old karma may have been worked out and the bonds broken. Like attracts like and there may come a point where you'll part ways with old friends. This may be a temporary or permanent shift. At some point in the future, these relationships may be renewed. Call on the Holy Spirit and your guardian angels to assist as you process these strong emotions. Feel the emotions. Cry, grieve, question God to tell you why it happened. You will receive an answer. Do whatever you must to release them.

Suppressed emotions

Skin problems may also surface in acne, rashes, hives and shingles. This is part of the emotional release. If you are not able to express your emotions and release, the energies will attempt to release through your skin. Get in touch with your emotions and don't suppress painful issues. They are there whether you acknowledge them or not—bring them to light and let them go.

Changing Diet

Many Lightworkers will gain weight. Lucky lightworkers will lose weight. Weight gainers will be using food to ground themselves when they feel 'floaty' and or a little spacey from the increased frequencies. Try not to feel too much anxiety about weight gain—it will only aggravate it causing you to gain more weight (I say this from personal experience). Try using exercise or activity rather than food to ground (check with your health practitioner regarding the exercise). Bless your food before eating it and take a moment to think of how food will nourish your body.

You may also be much more sensitive to food. Meat may be too low of a vibration for you to eat. You will probably no longer be able to eat highly processed foods. This is because the Divine Light energy purifies energetically. Your body is trying to catch up with the vibration and is trying to rid itself of toxins and poisons. Drinking detox tea once a day can help also.

Activating Crown Chakra

Your Crown Chakra will become tingly and active. You may feel pressure, itching or prickly sensations along the scalp and down your spine. This is good! You are opening to Divine Light. Be open to the sensation of energy pouring in through your crown chakra. Feel the kundalini energy! This will give you a heightened awareness of how all is one. Judgment congests the Crown Chakra. Try to not categorize while your Crown Chakra is stimulated to bring about Divine awareness.

The meaning of life

As you look for more purpose in your life, you'll become more aware of how you spend your time. You may wake up one day and dislike your job. Even if it was previously your "dream job" you worked so hard to attain. You may have lost some of your passion and enthusiasm. The key here is to not become depressed or anxious. Keep yourself grounded and centered. Have a clear plan of what your next steps will be. Unless you have a disposable income, pursuing an alternative career path such as artist, healer or a spiritual counselor may mean you will need to keep your job or have a part-time job until you create a strong financial foundation.

Many people scramble at this point to find their "life's purpose" and hope there is a quick way to discover what it is. And there is. Step into your purpose and ask yourself what you're good at and like to do and write it down. Don't rush out to find the perfect job yet. During this time do some personal development work and really get to know who you are and what you want in your life. Many of the channeled messages in my previous newsletters address this very subject.

So tired during the day and unable to sleep at night.

You may have been someone who needed a lot of sleep only to find yourself unable to sleep longer than 2 to 3 hours at a time. Or, you may have been someone who only needed a few hours of sleep and find you can't wake up and are tired all day. Listen to your body! While the crown chakra is opening you are going to need more sleep, maybe up to 12 hours a night. On the other hand, while your vibrations are increasing it will be hard to sleep longer than 2 or 3 hours at a time. Know these stages will pass as your physical, emotional, mental and ethereal bodies balance out.

Wild dreams!

Your dream activity will increase with very intense dreams. They may contain monsters and fearsome characters. You're processing old events, from this life and previous lives. Dark manifestations will be released through dreams. Always ask your angels to protect you and your loved ones while sleeping. Ask the Holy Spirit to assure you only travel to the higher realms during sleep. This way you'll be having heavenly inspired dreams of joy and love.

Heightened awareness

Your senses will become heightened. Your eyesight may become blurry and you may see light around people, animals, plants and other objects. Some will see glittery particles and lights out the corner of their eyes. Colors may seem more vivid. When you close your eyes you may notice shapes and other pictures. This is your clairvoyance heightening.

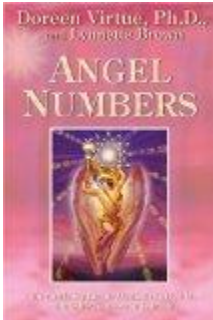
Your hearing may change also. You may hear tones, ringing, high pitches, white noise, beeps and other unexplainable noise. Some may hear their name whispered or someone talking to them as they awake. Your clairaudience is heightening and your audio is adjusting to the higher frequencies.

Feeling "Light"headed

Grounding is very important as you may feel spacey and disoriented like you are floating between two realms. You can ground by being outside (walking through wooded areas, lying on the grass, swimming, exercising). To ground in meditation, imagine roots growing from your feet and anchoring to the center of the earth.

The next issue of the newsletter will focus on additional symptoms and working with the increased vibrations.

BENEDICTION
by J.L. Flamand



May you feel the Angels enfold you in their wings.
May you always find serenity in the simple things.
May the Light of Heaven shine upon your path,
and bring you to the completion of your task
in Peace and Joy and Grace.

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1-Hour Telephone Reading



spread your wings

Telephone readings can be extremely accurate and helpful for clients who prefer to have their readings in the comfort of home. These angel readings are enlightening, insightful and uplifting. Your angels and guides want to guide you towards a happier more joyful and fulfilling life and their Divine guidance can make it possible. They are near you constantly and this is a unique opportunity for them to be heard. Be open to a very special and meaningful experience.

Readings include a tape of the session so you can review it later and gain additional insight.

For a limited time I'm offering telephone readings for \$80 for one hour to newsletter subscribers. Use the PayPal button below (FYI, you are no longer required to be a member) or send an \$80 payment through PayPal to shininglite@msn.com to purchase.

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