



## ShiningLite Newsletter

Illuminating Your Path  
May/June 2008

Happy Spring!

I hope you are all doing well and thank you for letting me visit you via email once again!

Wow time is really flying now! The vibrations of our realm are heightening and time can feel fleeting. Because of this, I've been trying to be more conscious of getting mundane tasks done right away instead of procrastinating and using deadlines as a signal to begin. Of course, I'm better at mastering some than others-I never seem caught up in returning telephone calls. I'm getting better with email though, so if you've unsuccessful in reaching me by phone, send an email. I can reply to those at all hours.

Some of you may find that you're processing a lot of emotions right now. Situations may surface that mirror old stuff you thought you had already dealt with. The emotions seem to be coming with stuff to process. The reasons for all these emotions surfacing at this time are in the message from Archangel Michael below.



I am finally offering teleclasses and am really excited about them! In June, I am offering a teleclass-workshop called **Deepening Your Intuitive Connection** which will be a 4-session class for participants to clarify and attune to their intuitive gifts in a safe and sacred environment. The second will be a 2-part **Angels 101** teleclass to learn the basics in connecting with angels. In the fall, I will be offering an advanced 4-part teleclass, **Working with the Archangels**. The advanced teleclass will include learning innovative metaphysical techniques and is designed for people who already have experience in working with angels and energy.

May the Divine bless you all with Peace, Joy and Light for you and your loved ones. Keep shining your light brightly!

Love & Light, Janice

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### Message from Archangel Michael

#### Releasing Old Emotions

Dearest Ones,

Does it seem that old stuff you thought you had already dealt with is resurfacing in your life now? You may be wondering why there is any disharmony in your life when you've been working so hard on yourself. This tension or irritation could be surfacing in your life as miscommunication, difficulty reconciling differences or an unexpected separation. Your heart may be crying out for something you can't have right now. Don't despair Dear Ones, through this emotion will come deep insights. If the emotions have built up, crying is a great release for the old lingering energy.

Any discomfort you are going through will pass and any anticipated negativity will be far less than expected. Using music as therapy will soften any harshness you are experiencing. You are each being given opportunities to heal relationship heartache and form new improved bonds with loved ones. Some of you may have to work harder than others to settle old disagreements but putting yourself out there will help everyone heal completely. If an opportunity to break old patterns and balance old energy surfaces, take it and then open up your heart for love. Any temporary unease will be for your benefit in the long run.

Remember, all that is beautiful and good has potential for ugliness and all that is ugly has potential for beauty and good. Everything you have ever gone through has built your character and made you who you are today. Focusing on your pure intentions will ensure you are going in the right direction. Each soul must work through their individual unhappiness in order to grow and move beyond the past.

### Archangel Chamuel

#### The Archangel of Self-love

**Animals:** Cowbirds, Hippopotamus, Robins

**Plants:** Bleeding Heart

**Crystals:** Rose Quartz

**Colors:** Coral Pink and Gold

**Symbol:** Flame of Love

Archangel Chamuel whose name means "*he who seeks God*" is one of the seven archangels and chief of the angelic order of Dominations; also with Nisroc and others, and Chief of the Order of the Powers angelic hierarchy. Chamuel characterized himself as "God's pure love in winged manifestation." He is the angel mentioned in Luke 22:43 who strengthened Jesus in the Garden of Gethsemane.

Chamuel is a powerful emissary of divinity and among the most fiery and intense of the archangels in his expression of self-love. Chamuel embodies the great heart and love of the Father-Mother Divine for all of creation. Chamuel can assist us in developing the heart chakra and lends support in all matters of the heart. This includes compassion, open communications, balanced self-love, sympathy, sensitivity, affection and empathy.

You can call on Chamuel for her intervention when trying to heal unfair treatment or when dealing with separations in family relationships or with loved ones. According to the book, "Archangels and Ascended Masters by Doreen Virtue PhD, Archangel Chamuel is able to reunite twin flames. You can also call on this archangel to help you discover what your divine mission with your twin flame may be.

Chamuel's energy is both gentle and powerful depending on the task at hand. Just thinking of Chamuel can fill us up with unconditional self-love. On Chamuel's forehead burns pink flame of love that is able to cleanse the tender heart

**No one will be able to transmute it for them. Despair always surfaces when the old and new are clashing. You are on the verge of a new, higher vibrating stage of life. You alone hold the key to initiate this transformation into your new self so your new ideas and ways of thinking can manifest. Leaving the past behind can be unnerving but your fear is only the transitory insecurity of moving into a new space and identity.**

**I am available to answer your call at any time. Please feel free to call on me to personally give you the support you need to assimilate the new energies in your earthly realm. When you are able to fully confront and deal with the lower vibrational emotions, you'll be ready to absorb the higher vibrations. Lighten your heart by releasing the past so all can heal.**

**May your presence always be a reflection of your joyous spirit!**

**Archangel Michael**

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of relationship disappointment and low self-esteem. Chamuel is beneficial to call on for all self-love issues. There are many people are looking for someone to love them but are unable to find that because they don't love themselves. They could spend a lifetime looking for someone else to fill the void inside created from a lack of self-love.

Chamuel can assist us in honoring ourselves with self-dignity and self-respect. She can help us break our bad habits by helping us develop a stronger sense of self.

Call on Chamuel to assist in letting go of suppressed grief and pain. If you ever feel drained by a relationship in your life, call on this Archangel to help you receive the unconditional love and light you need to heal and replenish.

One of Chamuel's specialties is balancing our emotions and healing anxiety. His purpose is to bring more Divine Love and Light into our hearts and lives. She can also send us signs to let us know if a relationship is for our highest good to pursue.

Ask Chamuel to ignite the flame of love in your heart now. This flame will purify any old residue and replace it with unconditional love.

### **Update on Angel Mist**

**I have temporarily discontinued selling this product on the internet.**

There are several reasons for this. One, I have to change my distribution method which will increase the shipping and handling charges as the USPS is being unclear as to whether it is or is not ok to ship liquids containing alcohol and essential oils.

The other reason is that I was unable to keep up with the volume of sales and get it packaged and shipped within a time-frame people, especially in the U.S., are used to. In a time when Amazon ships the same day, customers were not always patient in waiting for me to get to the post office every other week.

Material costs have risen considerably so when Angel Mist is available once again, the cost of the product will increase to cover the escalated material expenses.

## Upcoming Classes and Events

Pre-registration is Required

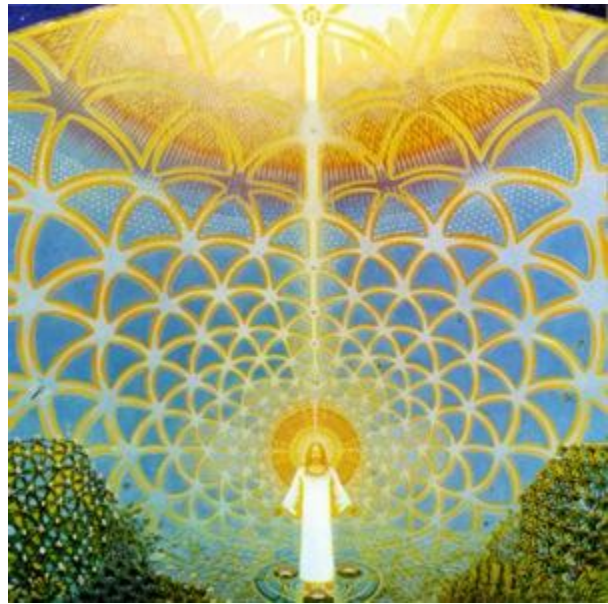
### Deepening your Intuitive Connection Teleclass

We are all born with our sixth sense or our intuition. A person can be born without one or more of the first five senses or lose them to injury or illness, but not so with the sixth sense. It's our ceaseless connection to our higher or divine self. From lack of use or the denial of its existence our intuition can be weakened, but it never completely disappears. When our intuition is incorporated into our daily lives, everything seems to flow more smoothly. We feel more centered and better able to handle unexpected situations instead of being overwhelmed by them. Our innate intuition gives us the ability to be proactive rather than reactive in our lives.

In this four-part workshop, you will be introduced to different tools and techniques that will you to rediscover your intuitive self. You will learn how to access your intuition in a safe and supportive environment and how to incorporate it in your everyday life.

In this class you will learn about the four main receiving channels we use to receive psychic information: Clairvoyance, Clairaudience, Clairsentience and Claircognizance. You will find out your dominant style of receiving intuitive messages and through guided meditation, all four channels will be opened to receiving.

Do you want to improve the natural flow of your being and make clearer choices? Hear what your heart is telling you? Increase your creativity? Save time, energy and effort by incorporating intuition into your daily life? Get more in touch with your deepest self? Live with greater joy and awareness? If so, you are ready to move into a life where synchronicity abounds and can benefit from this workshop that is designed to amplify your natural gifts.



**Dates:** Mondays - June 9, June 16, June 23, June 30

**Time:** 7pm to 9pm Central Daylight Time (8pm to 10pm Eastern, 6pm to 8pm Mountain, 5pm to 7pm Pacific). International students click here for your time zone: [Time Zone Converter](#)

**Place:** Teleclass format - call in number will be provided

**Cost:** \$99 (payment due in full prior to first class). Class is four sessions. No discount for sessions missed.

### Connecting with your Angels Teleclass

Have you ever escaped a close call and knew it was your guardian angel that saved you? Are you willing to open up and receive their guidance on a regular basis? Your guardian angels are eager for you to communicate with them! Everyone has at least one guardian angel; most people have two, four or more.

Learn their purpose for assisting and protecting us and how to communicate with them as often as you choose. You'll also learn blocks to communicating and how to move past them. Topics

covered include learning about the different kinds of angels, how to attract more angels, common angel myths, ways they communicate to us, learning to discern angelic contact from other spirits, angel dictation, how to use oracle cards to receive their messages, how to work with other's guardian angels and guidelines to establishing ongoing communication.



During a guided meditation, you will meet your personal guardian angel, learn the name they wish to be called, how you perceive their energy, and set up a signal between so you will always know when they have messages for you.

You are never truly alone! Anyone can take advantage of this opportunity and learn a life-changing skill you can practice and enjoy for life.

You'll learn enough in this 4 hour, 2-session teleclass to begin or deepen your relationship with your angels by learning to communicate with them in everyday life and recognize their messages to you.

A workbook will be provided for future reference. Requirements: Angel Oracle Deck. Recommended decks: Healing with the Angels, Saints and Angels, Archangel Oracle Cards, Messages from your Angels all by Doreen Virtue.

**Dates:** Mondays - July 14 and July 28

**Time:** 7pm to 9pm Central Daylight Time (8pm to 10pm Eastern, 6pm to 8pm Mountain, 5pm to 7pm Pacific). International students click here for your time zone: [Time Zone Converter](#)

**Place:** Teleclass format - call in number will be provided

**Cost:** \$63 (payment due in full prior to first class) Class is two sessions. No discount for sessions missed.

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