



MESSAGES & INSIGHTS

March 2016



Hello Everyone,

Welcome to March's Newsletter! The topic for this month is 'Back to Basics'.

When I am about to write a newsletter, I ask my Angels and Guides, "What do I write about this month?" Usually while I am walking the dog is when the ideas come through. The back to basics idea is the one I am focusing on as I have been writing an essay for my Diploma in Sound Healing, and the topic we have been given is about the 7 main chakras.

I have been working with energy for 28 years, since my first reiki course when I was pregnant with our first beautiful daughter; and Chakra Balancing now for 6 years, since I completed the training with Belinda Grace in NSW. Over the years I have picked up more tools, and what I've realised while writing this essay is that the work I do all comes back to Chakra Balancing and working with the human energy system - energy of our source and the source of the divine or universe, however the concept resonates for you.

When we think about balancing our chakras and energy system, there is no wrong or right, the knowledge we receive through learning is a guide, and most of the time, is a very good indication on how to go about bringing in balance. When I am balancing someone's chakra, I first go to the feel of the energy and how it's flowing and then ask my angels and guides what tools would best assist. I am delightfully enjoying using crystal bowls to assist in balancing as this provides a new dimension, showing the tune of the chakra. They sing differently for each person and indicate where to go from there. It's a beautiful process. Always with intention to assist in bringing balance back.

Upcoming Events

- Our next series of 'A Journey in Wholeness' will commence on the 2nd of May
- Our group meditations run every 2nd and 4th Wednesday of the month
- Please contact me for a one-on-one session - finding your rhythm and grace
- Developing your intuition and clairvoyance course will commence in June

Please see the website for details

Here is a visual for description of what I am talking about.

Imagine your energy fields and chakras is like a flowing stream, moving nicely and with harmony - this would equate with a balanced chakra. Then along comes an incident or experience, like a big boulder being thrown into this stream, and the water has to move around the boulder changing its course, or to the extreme even blocking the flow altogether, a big disruption.

A good example of a boulder would be grief, if you have lost someone through death or separation; this leaves a big lump or big hole, affecting all chakras on some level. If the boulder is large (as grief often is) it becomes very difficult to remove this. In a healing the aim is to give support and guidance to allow the water in the stream to flow around the boulder, over or assimilate it into the flow so to still enjoy flow and find some harmony in the new situation to allow living to take place. Some disruptions to the flow of the stream are smaller and are able to be brought to the surface so that continuous and balanced flow can be re-established.

Chakra balancing to me is about having the opportunity to bring the flow of our unique and beautiful energy back in the natural flow more often than not. This work or purpose is what I love doing and it was a good reminder for me to come back to basics and remember why I do and love what I do.

A question for you, what is back to basics for you? What do you love to do and how does that integrate into your week?

If you are interested in learning about the chakras, I cover an **introduction to colour, energy and the chakras** in our course 'A Journey in Wholeness'. The next course is being held during May in Mandurah. A great introduction to self-awareness and tools to bring healing and balance in everyday living.

There will also be a course coming up in June/ July in Beaconsfield where you can **learn hands on chakra balancing** over seven weeks. Each week dedicated to one of the chakras, and will be hands on while developing your clairvoyance and intuition. A great course if you are interested in becoming a healer or to refresh on your gifts. Please contact me for more details.

Cheers, love and light

Euphemia xo



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