



## MESSAGES & INSIGHTS

### April 2016



Hello Everyone,

Welcome to April's Newsletter! The topic for this month is 'Addiction'.

What are you addicted to? Chocolate, smoking, work, shopping, drugs, gaming, tv, just to name a few.

I have been asked to write about addiction, so here we go from a healing point of view.

When we look up the meaning and then break down the word we can get the feeling of the meaning and it provides a new perspective.

Google tells us (love google), Addiction: the fact or condition of being addicted to a particular substance or activity. Synonyms: dependency, dependence, craving, habit, weakness, compulsion, fixation, enslavement

Break down the word itself – First being, add, so a need to add something to the self; ict, in a word means information and communication; tion, means the action of.

In this case addiction, there is a feeling to actively add something to the self, the adding is to stop communication or information coming up from within, to avoid information or something about ourselves or an experience that we perceive may be too painful to face, or not wanting to face reality. With any substance or activity addiction it gives a high or a feeling of wellbeing and this is usually temporary, the real effect is that it dulls or pushes down feelings or situations we are avoiding and not ready to face.

More often than not, the avoided can be a feeling of not being good enough as a result, deriving from an experience, event, trauma or shock, something from our upbringing or current environment. And very much understandably, some peoples experience can be soul destroying, there is no regulator for this as everyone's experience is different from another, what may seem a small event to one person will be devastating to another. Please do not underestimate the impact our life experiences

#### 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

have on one's energy, personality and spirit. Also addiction comes in degrees with the variable of the substance or activity being the addiction, for example watching constant tv to avoid situations may be simpler to overcome than smoking or using drugs. Each addiction is still real to the individual. Here we need to stop for a moment engage in gentleness, empathy and compassion for the self.

Life gives us many layers and when we become aware of these layers we can look at the cause or reasons why an addiction may come into being , why we need outside substances' and activities to give feelings of comfort and wellbeing.

Three simplified steps,

1. Acknowledge an addiction is in place, the biggest step! And you are ready to ask for support to move or resolve.
2. Accept the layers of self , explore and find tools to see the unseen of what it is that is being squashed or avoided. Allow others to assist in finding your resilience; this journey does not have to be done on your own.
3. Cherish – now you can see your true nature and personality, see your natural resourcefulness and all your decisions from herein are for what works best for you and those around you. Cherish that you are more than good enough to go through this process.

Of course the above is simplified, and substances can alter the body and mind so much. So here it is important to accept assistance and that is where compassion for the self comes in. To then enable the process of self-awareness, of going through your layers and see where your environment has affected you, to reveal your natural rhythm and grace.

These steps are covered in my course **A Journey in Wholeness**. One very gentle way to get to know and empower yourself. And the most simplest and effective tool is **meditation**.

A big thank you to the much loved gentleman who requested this topic.

Cheers, love and light

Euphemia xo

### Current Star Sign: Taurus



Happy birthday to those born in this month!

Born between: April 20th - May 20th Birthstone - Emerald

Those with the Taurus sign are perfect partners in friendship and love as they're loving, loyal and understanding.

However those born under the Taurus sign at times can be stubborn but always are patient and generous.

### Specials

For the month of May, book three appointments and pay for two. A great way to go through the above process individually.\*

\*Conditions apply – appointments must be made in May and first two appointments paid for to receive the third for free.



[www.angellight.com.au](http://www.angellight.com.au)

Phone: 0403 873 885

Email: [euphemiak@optusnet.com.au](mailto:euphemiak@optusnet.com.au)