



# PHOENIX RISING

Issue 14

## The Healing Room

Box 3720 Vermilion, AB T9X 2B7  
780-853-6627 1-866-807-0320  
glenyce@glenyce.net www.glenyce.net

Jan/Feb 2007

### Message from Glenyce

Since early December I have watched the movie "The Secret" three times. I have enjoyed it so much, especially since each time has been with good friends whom I have had fantastic discussions with afterwards! The movie is about the Law of Attraction which states that you attract to yourself whatever you give your attention, focus or energy to; whether it is wanted or unwanted. The movie, which can be purchased at <http://thesecret.tv/> is a wonderful reminder that we are all creating our lives, through our thoughts and feelings. What we focus on truly becomes our reality. Its just that most often what people put their energy on is what they don't want! I consciously applied the law of attraction to get our present home 2 1/2 years ago. Rodney and I wanted to move from our home in Vermilion to an acreage. We looked for about 4 months with no results. I decided to set intentions for our new beautiful acreage. I wrote out what we wanted, along with the details of what we wanted (really specific details – like how

many bathrooms, etc) and then why we wanted it. I would focus on our dream acreage for a few minutes everyday, imagining us living in the country, surrounded by trees and nature, in a beautiful, peaceful house. I stayed conscious of my thoughts & feelings. If I started feeling negative – like when I would catch myself thinking or saying "we'll never find the right house, there just aren't any available in this area". Then I would quickly change them to positive thoughts and feelings "Rodney & I live in and enjoy a beautiful, peaceful home on an acreage." Less than a month from when I wrote out my intentions we found our dream home. WOW! I am still in such a state of gratitude!! Take a minute to think of a situation or person in your life that you love. Then congratulate yourself on attracting that to you! YAY! Now take a minute and think of something in your life that doesn't make you happy, or you don't particularly enjoy. Now raise your vibration to what you want. To do this all you

need to do is close your eyes and imagine having that which you want – this will give you the feelings of JOY & LOVE. Really feel the feelings that come with having that which you want. The important factor here is FEELING! You need to imagine what you want and FEEL how incredible it will be to have it. Some people choose to attract more money into their lives or a romantic partner; and some choose to generate continuous feelings of inner peace. Whatever your heart desires is there for you, all you need to do is Ask, Believe and Receive! The Law of Attraction works, whether you believe in it or not, whether you understand it or not. It's the Law! I will be teaching a new workshop I designed called The Law of Attraction in February to help people understand it more fully and utilize it to raise their energy to live the life of their dreams. May you all live the life your heart desires in 2007 and beyond! Love, light and smiles,  
Glenyce Hughes

### Quotes from The Secret

"All that we are is the result of what we have thought." - Buddha

"Imagination is everything. It is the preview of life's coming attractions." - Albert Einstein 1879-1955

"Whether you think you can or can't either way you are right." - Henry Ford 1863-1947

"Whatever we think about and thank about we bring about." - John Demartini

"All power is from within and is therefore under our control" - Robert Collier 1885-1950

"You create your own universe as you go along" - Winston Churchill 1874-1965

"You are getting exactly what you are feeling about. Not so much what you are thinking about." - Bob Doyle

### On the Road...

Glenyce will be available for appointments/workshops:

Wainwright, AB - Jan 24

Bonnyville - Feb 4

Calgary - Feb 8 & 9

Saskatoon - Feb 19 & 20

The Healing Room now accepts Visa, Mastercard and Debit Cards!!



This painting is the result of opening up to higher guidance and asking the question “What do I need to know today?” I was guided to use bright colors and merge them together, ensuring that I covered the page completely. I was then guided to write Love on the bottom right hand corner. As I was writing it, the energy of the word entered me at a level I had never experienced before. I was then guided to write the other words, with the same experience happening with each word. By the time I was finished my energy vibrations were so incredibly high, due to being imbued with the energy of each word.

I feel the energy of the picture is so incredible that I wanted to share it with you all. Enjoy!  
Smiles, Glenyce

### **Signs from Your Angels or Law of Attraction?**

For years I have been teaching that when we notice things around us three or more times, that it is a sign from our Angels. For example if I wanted to go on a tropical trip and then heard about 2 different people taking a tropical trip and I receive a flyer in the mail to a tropical paradise - I would then interpret that to mean that I was soon going to get my wish! However this didn't always work out.

By understanding the Law of Attraction I can see that because I was focused on a tropical trip then I attracted to me different aspects of a tropical trip. Not necessarily the actual trip but certainly aspects of it.

Same goes from what we would judge as negative issues. If you were worried about going bankrupt because you had lots of debt, and this is what you focused on - then chances are you will attract to you aspects of bankruptcy. Again not necessarily the actual bankruptcy.

I believe our job is to use these signs as guideposts to gauge where our energy is. If we are getting signs about a tropical trip and this is what we want in our life, then celebrate the signs and focus more on you enjoying the trip and feeling as though it is happening. Alternatively if you are getting signs of things you don't want in your life, then view the signs as reminders to shift your energy to that which you do want.

The signs are still signs, however they aren't always literal, they are signs as to where you are putting your energy. Since a lot of our thoughts & beliefs are unconscious this is a wonderful tool!

You are 100% accountable for everything in your life. This may be difficult to accept, however as you start paying attention to, and shifting your energy & focus to what you desire, you will see just how true it is.

It isn't that you need are to feel shame that you have something in your life that you don't want - like debt or imbalanced health - it is that you start today to take responsibility for it. You already are using the power of creation, just change it to create that which makes your heart dance!

Glenyce Hughes

## **Create the Life Your Heart Desires**

3 Week Interactive Course

Online, by phone, in person...whatever works!

### **Week #1 - Meet Your "Team" on the Other Side**

Deciding what your heart desires can be a difficult task. So often we feel drawn to many different things. How do we decide what we truly want?

To begin with you and I will discuss that which you feel would make your heart dance followed by a ½ hour Spiritual Medium reading so you can meet your "team" of Angels, Spirit Guides and Spirits on the other side who are helping you with this area of your life. You will get validations, insights into your hearts desires, and steps to take to get you there. We will also leave time for any additional questions you may have of your team.

### **Week #2 - Personalized Affirmations and Intentions**

Using the answers to the questions you answered in Week #1 I will help you to design your own personalized affirmations and set your intentions.

There will also be a 10 minute meeting with your "team" to answer any questions that may have come up since the previous week.

### **Week #3 - Personalized Hypnotherapy CD**

Through an in depth discussion we will create the "vision" for the life your heart desires. I will record this on to a hypnotherapy CD and mail it to you for you to listen to as often as possible. The more often you listen to it - the sooner you will see the positive changes in your life.

There will be a 10 minute meeting with your "team" to answer any questions that may have come up since the previous week.

Your investment is \$233.00.

Next course start the week of January 22, 2007. Limited to 6 participants.

Please contact Glenyce to register by January 20.

Payment by Visa/Mastercard or cheque.

## **Three New Services at The Healing Room for 2007!**

### **An Afternoon with Angels**

Invite a group of friends to your home to enjoy an Afternoon with Angels!! I will work with the Spirits & Angels who choose to join the group, passing on messages of validation and love. I cannot guarantee that everyone in the group will receive a connection. However, I will also show the group 2 easy & fun ways to get their own answers from the other side – one of them involves chocolate! Please ask each participant to bring 2 specific questions that are pertinent to their life, which they are willing to share with the group.

Length is approx 2 hours. Minimum 8 participants; cost is \$30 per person, may be more if you live farther than 75km's from Vermilion. Contact me for details.

### **Inspire Me!**

When everything is going pretty good but you don't quite feel content. Like there is something missing. Inspire Me will take you that step further. Based on conversation between you and I, and the Divine Guidance I receive, we will explore options for taking your life higher. To the level of pure love & joy.

Your investment is \$55.00 and length is approx half an hour.

### **Consultations**

If you require some personal feedback and insight into different area's I am now available for consultations. Some examples are creating a successful spiritual business, how to have a stronger connection to the Divine, understanding different aspects of spirituality or metaphysics, etc. Whatever you feel you need to discuss, and I feel I have the experience to assist, I am glad to help!

Your investment is \$40.00 per half hour.

## Upcoming Events at The Healing Room

### **Reiki Level I & Reiki Level II** – January 21 & 22, 2007

**9:30 am to approx. 6:00 pm both days.** Reiki is a technique for stress reduction and relaxation that allows everyone to tap into an unlimited supply of "life force energy" to improve health and enhance the quality of life. Vegetarian lunch, beverages & manual included. Your investment is Level I investment - \$170.00 and Level II investment is \$225.00. **Please register by January 11, 2007**

### **Reiki Advanced** - January 31, 2007

9:30 am to approx 5:00 pm. Pre-requisite Reiki Level 2. Vegetarian lunch, beverages & manual included. Your investment is \$450.00. **Please register by January 22, 2007**

### **Law of Attraction** - February 24, 2007

10:30 am to 4:00 pm. The Law of Attraction states that you attract to yourself whatever you give your attention, focus or energy to; whether it is wanted or unwanted. This workshop will assist you to understand and work with this Law to create the life that your heart desires. We will watch the movie "The Secret", followed by discussion, group & independent exercises. Your investment is \$75.00 which includes a vegetarian lunch, beverages, and a manual with worksheets. **Please register by February 16, 2007.**

### **Reiki Masters** - February 27, 2007

9:30 am to approx 5:00 pm. Pre-requisite Reiki Advanced. Vegetarian lunch, beverages & manual included. Your investment is \$550.00. **Please register by February 16, 2007**

**To register for a workshop please contact Glenyce by the date highlighted to pay registration fee.  
We now accept Visa, Mastercard & Debit cards!**

## Upcoming Events on the Road

To register or for more info for any of the workshops listed below please contact  
Provost & District Adult Learning at 780-753-2822

### **Self Hypnosis** - January 10, 2007 in **HUGHENDEN, AB**

**6:30 pm to 9:00 pm.** In this amazing workshop you'll learn the functions of the subconscious mind, how to work with it and how to hypnotize yourself. Self hypnosis can be used for pain management, decrease anxiety, healing your body and the list goes on and on. Any positive change that you want can be made with self hypnosis. The natural power you were born with is just waiting to be tapped into--it's all within the power of your mind! At the end of the workshop you will be guided through a hypnosis session for relaxation.

### **Dreams and How to Work with Them** - January 27, 2007 in **PROVOST, AB**

**1:00 pm to 4:00 pm.** Dreams can give you insights into discovering and enhancing your life journey. Interpreting dreams lets you discover and understand new concepts and ideas about yourself and your goals. You will learn techniques to use your dreams to gain insight and guidance, how to interpret your own dream symbols, different types of dreams and how to keep a dream journal. Please write down 5 dreams and bring them to the class with you.

### **Beginner Meditation Workshop**

February 6, 2007 in **HUGHENDEN, AB** & March 1, 2007 in **PROVOST, AB**

**6:30 pm - 8:30 pm.** Meditation is very important in our spiritual and physical lives. It helps to decrease stress and connects us to our inner guidance. This enables us to live our lives from Spirit rather than ego. In this amazing workshop you will learn the benefits of meditation, how to meditate and experience six different meditations.

## The Healing Room

Box 3720, Vermilion, AB T9X 2B7

Phone/Fax: 780-853-6627 Toll Free: 1-866-807-0320

Email: [glenyce@glenyce.net](mailto:glenyce@glenyce.net)

Online: [www.glenyce.net](http://www.glenyce.net)