



# PHOENIX RISING

Issue 20

## The Healing Room

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January/February 2008

## Message from Glenyce

As I write this we are nearing the end of 2007 and the beginning of 2008. I love this time of the year. I take time to look at my life in the previous year and make note of what I loved and what I didn't love. From there I decide what to change for the upcoming year.

For a step by step guide of how to do this, go to my Jan/Feb 2006 newsletter and read the article titled Life Review. It is listed under Newsletters on my web page. For quite some time I have had very strong intuitive feelings that 2008 will be an incredible year for all of us willing to step into our true selves. As long as we are willing to let go of what isn't serving us by making the changes Spirit is guiding us to do – we will see the most joyous, exciting, beautiful, gracious, abundant, passionate year to date.

This is the year that our true heart dreams will come true – with a mixture of listening to the guidance, following the action steps and really allowing ourselves to dream big.

For most the thought of change is scary. Have compassion and love for yourself when you feel scared. It is actually quite

normal – let me explain... Our subconscious has a very specific job – to protect us. So when we think about change – our subconscious creates the fearful feeling as a way to protect us from past feelings, experiences, etc. Even when it is a change for the better. Let's say you decide in 2008 to release that 10 extra pounds you are carrying around. Your subconscious goes into protection mode because it remembers last time you were at your ideal weight and your sister said you look sick and anorexic. This caused you to feel ashamed and upset. Your subconscious, in its wisdom, knows you don't like feeling that way...so goes into fear mode and sabotages your efforts. Or you decide you are going to quit the job you hate to start your own business. Your subconscious goes into protection mode because it remembers your Dad always saying the most important thing in life is to have a secure job with benefits. As long as you have that, you will be somebody. Your subconscious will not allow you do something so dangerous without benefits. It believes that if you did, you would lose your

whole identity. And most often we don't even know we are holding these beliefs.

They are tucked so deep into our subconscious. We think we are just lazy if we don't stick to the exercise plan or don't have what it takes to be self employed.

The good news is that Emotional Freedom Technique can help you find and change these beliefs. It is truly that amazing.

In the past 3 months of using EFT with clients I have seen so many miracles. One client is free from life long physical pain; another, upon realizing the real reason she was staying in a dead end job she disliked, easily got an incredible job that she deserves; another able to heal the past physical & sexual abuse that was still haunting her 30 years later; another healed the pain of bad relationships in her past and is on her way to creating the relationship of her dreams. I could go on and on, but I expect you get the idea!! If you choose 2008 to be the best year yet - join me on my free Teleclass; info on the next page. You will love it! May you create Heaven on Earth in 2008! Many, many blessings, Glenyce Hughes

Year's end is neither an end nor a beginning but a going on, with all the wisdom that experience can instill in us.

*Hal Borland*

Cheers to a new year and another chance for us to get it right.

*Oprah Winfrey*

Every man should be born again on the first day of January. Start with a fresh page. Take up one hole more in the buckle if necessary, or let down one, according to circumstances; but on the first of January let every man gird himself once more, with his face to the front, and take no interest in the things that were and are past.

*Henry Ward Beecher*

One resolution I have made, and try always to keep, is this: To rise above the little things.

*John Burroughs*

Drop the last year into the silent limbo of the past. Let it go, for it was imperfect, and thank God that it can go.

*Brooks Atkinson*

### On the Road...

Glenyce will be available for appointments/workshops:

Los Angeles - Jan 21 & 22  
Saskatoon - Feb 12 & 13

**Are you ready to truly LIVE the life your HEART desires in 2008?  
Is this the year you actually REACH your TRUEST goals?  
Are you willing to do “WHATEVER IT TAKES” for  
perfect health, wealth & happiness?**

**Then this Teleclass is for YOU!!**

As my Christmas Gift to **YOU** I am hosting a Teleclass to assist you to remove negative beliefs that are holding **YOU** back from truly living the life your heart desires.

We will use Emotional Freedom Technique (EFT) to do this. You do not need any prior experience. I will email you the information prior to the call so you are aware of the tapping points; otherwise Spirit & I will take care of the rest.

This is going to be LIFE CHANGING for those of **YOU** ready to step into 2008 with JOY, LOVE, PASSION, ABUNDANCE & GRACE!!

Bring a list of your 5 most important dreams for 2008 to the call. Even if you think they can't possibly happen. Write them down and let me show you the most powerful technique to make them come true. **YOU** will be amazed.

This call will be recorded and put on to my web page so you can continue using it to make incredible movements forward in your life, or if you are unable to make the call.

Sunday, January 13 from 11:00am to 12:00am MST  
12:00am to 1:00pm CST  
10:00am to 11:00am PST  
1:00pm to 2:00pm EST  
2:00pm to 3:00pm AST  
2:30pm to 3:30pm NST  
6:00pm to 7:00pm in London, UK  
2:00am to 3:00am Jan 14 in Shanghai, China  
5:00am to 6:00am Jan 14 in Melbourne, AU

**Call or email me to sign up by January 10, 2008.**

[glenyce@glenyce.net](mailto:glenyce@glenyce.net)  
1-866-807-0320 toll free  
853-6627 local

### **What is a Teleclass?**

A Teleclass is a live, interactive workshop that is conducted over the telephone like a conference call. It is just like attending a workshop; you will get the same benefit from it, just from the comfort of your home! Long distance charges will apply, but there are no additional fees. You will be charged the standard long distance charges from your chosen long distance company. The number you will be calling is in the US, so you may want to buy a cheap phone card from Extra Foods, Superstore, 7-11 or pretty much any convenience store.

Once you register for a Teleclass, you will receive an email with the telephone number and access code for your Teleclass. I recommend calling into the class 5 minutes early.

New Year's Resolutions, With a Twist!

(originally printed in 2004)

Since the start of a New Year typically brings thoughts of resolutions, I thought I would share my idea on New Year's Resolutions, With a Twist!

Write out 52 things that you wish to do in 2005, all on separate pieces of paper, and put them in a jar. These can be things such as: write a letter to an old friend, go on a lunch date with an elderly neighbour, donate money or time to a local charity, phone a family member or friend and tell them how much you appreciate and love them, introduce yourself to someone new, clean out the basement storage room, throw a party, etc.

Each week you pull out one thing and you'll do it! This is a commitment you make to yourself and lovingly

hold yourself accountable. Your guides and Angels will help you pick the right thing for that week, just set the intention as you draw the paper out of the jar.

May you be blessed with inner peace at every moment in 2008!

Glenyce Hughes



*My wish is that you remember these words in everything you do and know how wonderful you are!*

**Let Your Light Shine**

- ★ Our deepest fear is not that we are inadequate.
- ★ Our deepest fear is that we are powerful beyond measure.
- ★ It is our light, not our darkness, that most frightens us.
- ★ We ask ourselves, who am I to be brilliant, gorgeous, talented, and fabulous?
- ★ Actually, who are you not to be?
- ★ You are a child of God.
- ★ Your playing small doesn't serve the world.
- ★ There's nothing enlightened about shrinking so that other people won't feel insecure around you.
- ★ We are all meant to shine, as children do.
- ★ We are born to make manifest the glory of God that is within us.
- ★ It's not just in some of us, it's in everyone.
- ★ And as we let our own light shine, we unconsciously give other people permission to do the same.
- ★ As we are liberated from our own fear, our presence automatically liberates others.

*Marianne Williamson*



**Books Recommendations**

- Women's Bodies, Women's Wisdom by Christiane Northrup
- Intuitive Eating by Evelyn Tribole & Elyse Resch

- A happy New Year! Grant that I
- May bring no tear to any eye
- When this New Year in time shall end
- Let it be said I've played the friend,
- Have lived and loved and labored here,
- And made of it a happy year.

*Edgar Guest*

# Upcoming Events at The Healing Room

## Reiki Workshops

**Level 1** – February 9, 2008 - your investment = \$170.00.

**Level 2** - February 10, 2008 - your investment = \$225.00.

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 for any person, plant or animal. Your investment includes GST, manual, vegetarian lunch & snacks. **Please register at least one week in advance.**

**To register contact Glenyce by the date highlighted to pay the registration fee.  
Visa & Mastercard accepted.**

## Out of Town Workshops

**Please contact Provost & District Adult Learn for more information or to register  
for any of the following workshops - 780-753-2822**

**Beginner Meditation** - February 22, 2008 in Provost, AB

6:30 pm to 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.

**Reiki Level I** – February 23, 2008 in Provost, AB

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 for any person, plant or animal.

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

## A New Service at The Healing Room - Emotional Freedom Technique

Emotional Freedom Technique, or EFT, and is a simple, powerful method of healing most physical and emotional issues.

It has been described as "acupuncture without needles" and uses the same energy meridians that have been used in traditional Chinese acupuncture for 5,000 years. Instead of needles, gentle tapping on specific meridian points is used to move healing vibrational energy through your meridians while you think about your specific problem.

For many emotional issues, the negative feeling you are having is caused by a conditioned disruption in one or more of your meridians. Anything that reminds you of your past trauma recreates the disruption in the present and leads to the negative feeling. For example, if you were bitten by a dog as a child, chances are you have an emotional reaction when a dog comes near you (or even the thought of it), even 40 years later. By using EFT you will still have the memory of the event but will no longer feel the negative emotion when you think of it, or are around anything that reminds you of it. You can find the free manual online at [www.emofree.com](http://www.emofree.com)

EFT has been proven effective on the following issues:

- Anxiety/Panic Attacks
- Children's Behavior
- Asthma
- Women's Issues
- Sports Performance
- Post Traumatic Stress Disorder
- Fibromyalgia
- Obsessive/Compulsive Disorder
- Rheumatoid Arthritis
- Eating Disorders
- Dyslexia
- Insomnia
- Men's Issues
- Spiritual Connection
- Addictions
- Migraine Headaches
- Parkinson's Disease
- Cystic Fibrosis
- Relationship Issues
- Allergies
- Multiple Chemical Sensitivities
- Self Worth/Self Esteem
- Phobias
- Depression
- Chronic Fatigue
- Muscular Dystrophy
- Diabetes
- Anger Management
- Carpal Tunnel Syndrome
- Pain Management
- Abundance
- Sexual Abuse Trauma
- High Blood Pressure
- Cancer
- Multiple Sclerosis
- ALS-Lou Gehrig's Disease

Contact Glenyce for more information or to book your session today.