



PHOENIX RISING

Issue 17

The Healing Room

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July/August 2007

Message from Glenyce

For years I have read about God being within us, not something separate. However I never quite understood this. I always prayed to God "out there" and hoped he would honour my requests. Sometimes this worked, sometimes it didn't. When it didn't I always wondered if I worded my prayer wrong, or if I didn't quite measure up to the standards God must have.

Then I read the book "The Universe is Calling" by Eric Butterworth and I finally understood that God really is within each and everyone of us, and everything. This is such a huge awakening for me, because it ties everything together. This is the basis behind the law of attraction.

If you think of it this way – God is omnipresent, there is no place that God is not, then of course God is within each of us. What we need to do is tap into that God consciousness and from that place; we can be, do and have all we desire. There are no limits on our abilities, our talents, or our potential. To tap into our God consciousness we need to relax and get into a meditative state. The author recommends a simple breath meditation – say-

ing, in your mind, "God is" on your in breath, and "I AM" on your out breath. Spending about 10 minutes doing this will usually result in you connecting with your God consciousness. You will know you are there when you feel a great sense of peace. Once there he suggests praying. Not asking for favors or things as I would have done prior, but to make statements of your desires, needs or wants - basically to make affirmations. Focusing your energy on what you want, as if you already have it. The law of attraction again!

Prior to reading this book a usual prayer may have went something like this: *Dear God, please help me to be the best person I can be, help me to help others to be their best self, please open my heart and mind so I can open to opportunities around me, help me to connect with those on the other side from the light, for the highest good of all involved. Send healing to all those in need. Amen* Now that I have the understanding that I am an extension of God, my daily God consciousness prayer goes something like this:

I am love. I am joy. I am peace. I am open to all the wonderful, fulfilling opportunities that come my way abundantly. I am strongly connected to spirits, guides, angels and all beings from the light, for the highest good of all involved. I am perfect health. I am whole. My energy vibrates at a high and strong love vibration. Amen

While doing this I feel each of the statements as true. I don't have to work at it, or pretend. When I am saying them from my state of God consciousness, it is truth. It is truly amazing. The self-empowerment I feel when praying from my God consciousness is incredible. I expect you can feel the difference between the 2 above prayers. Now I know that when something isn't going the way I envisioned it, I have limited my connection with my God consciousness. This usually is due to a limiting belief. I get back into my God consciousness space and reconnect. I know it sounds too simple to be effective, however the results I have had in 4 weeks have been wonderful. Many blessings to you all, Glenyce

In **God-consciousness**, to know is to exist as blissful power; to exist as power is to know oneself as unbounded bliss; and to experience bliss is to be permeated by divine knowledge in which knower, known and knowledge are all one.

Meher Baba

I am here to say to you: **'You are Gods!!!'**

Let it sink in. Let it permeate every cell of your being. Bring in this consciousness of magnificence and God-power. Bring it into your daily lives. Transmute all fear. Fear will fall away. Where there is Light and **God Consciousness** fear cannot exist.

Lord Sananda

An enlightened soul is Divine and free of any expectations, rejections, ... such a soul has realized **God Consciousness**.

Anonymous

On the Road...

Glenyce will be available for appointments/workshops:

Calgary - July 9 & 10
Edmonton, AB - July 13 & 14
Bonnyville, AB - Aug 22
Saskatoon, SK - Aug 26 & 27
Melfort, SK - Aug 28

The Deeper Secret Part 2

I have been talking about The Secret – the DVD, book & audio tapes about the law of attraction - for a few months now. It really has made its way into many people's lives, which is very exciting!

As I wrote about in my last newsletter, I am talking about some of the deeper issues in regards to the law of attraction. This month I want to talk about emotions.

In the movie they suggest you should simply change your emotions from bad to good. As when you are feeling bad, you will attract more of the same. I agree wholeheartedly! However in some situations this is not as simple as putting on a beautiful piece of music.

Some emotions run deep and are tied to past experiences, or even current ones. I believe we need to deal with the issues, before we can change the emotion. Our society has a long history of pushing issues under the carpet and putting on a happy face. This never works. No matter how hard you try to hide, they will find a way to come out...which, when ignored long enough, they will usually manifest as physical illness.

Emotion = energy in motion. We need to allow the energy to flow—whether it is grief because a loved one crossed over, or anger because someone we love hurt us, or rage because of some injustice. Our job is to let them flow. If appropriate deal with the person who you viewed as hurt you, or in some situations you need to deal with it on your own. However it is, let the emotions flow.

There are many options to help us recognize our emotions and allow them to flow - counseling, journaling, Reiki, Emotional Freedom Technique (www.emofree.com), Clinical hypnotherapy, prayer, group support, etc. The list goes on and on. Find the ones that work best for you and stick with it. As you move through the layers of the onion, you will find your light, where you can access those positive emotions much more often, and much more truthfully.

Blessings,
Glenyce

A Powerful Parable

(Author Unknown)

A wise woman was traveling in the mountains and she found a precious stone in a stream.

The next day she met another traveler who was hungry, and the wise woman opened her bag to share her food. The hungry traveler saw the precious stone and asked the woman to give it to him. She did so without hesitation.

The traveler left rejoicing in his good fortune. He knew the stone was worth enough to give him security for a lifetime. But, a few days later, he came back to return the stone to the wise woman.

"I've been thinking," he said. "I know how valuable this stone is, but I give it back in the hope that you can give me something even more precious. Give me what you have within you that enabled you to give me this stone."

Book Recommendations

- A Little Light on the Spiritual Laws by Diana Cooper
- The Universe is Calling by Eric Butterworth
- The Journey by Brandon Bays

In this state of quietism and acceptance, my life experiences had been extended, and I had awoken a new dimension of living. I had reached God-consciousness.

Raphaele Dechirante

Upcoming Events at The Healing Room

Reiki Level I – July 7, 2007

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 is \$170.00 and includes manual, lunch & snacks. **Please register by July 2, 2007.**

Beginner Meditation - July 19, 2007

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. Your investment is \$30.00. **Please register by July 16, 2007.**

Discover Your Psychic Self - July 21, 2007

10:00 am to 4:30 pm. We all use our psychic abilities every day, however, we generally lack awareness of them. This workshop will help you open up and begin noticing—and using—your own natural psychic abilities. Through discussions, exercises, and group work you will discover the amazing power of your intuition. You will identify, build on, and develop trust in your psychic strengths. Your investment is \$100.00 and includes handouts, lunch & snacks. **Please register by July 16, 2007.**

Reiki Retreat - August 10, 11 & 12

See page 3 for details.

Reiki Level 2 - September 7, 2007

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 is \$225.00 and includes manual, lunch & snacks. **Please register by August 30, 2007.**

Women's Wellness Retreat - October 19, 20 & 21

See page 3 for details.

To register for a workshop/retreat please contact Glenyce by the date highlighted to pay the registration fee. Visa & Mastercard accepted.

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The Healing Room will be closed for holidays the following dates:

- July 1 to 5, 2007
- July 22 to August 7, 2007
- August 13 to 15, 2007
- September 9 to 14, 2007

May you all be blessed with a summer full of love, joy, peace and sunshine!

If you would like to be added to The Healing Room's mailing list please contact Glenyce with your mailing address or email address.