



PHOENIX RISING

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The Healing Room

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Message from Glenyce

I wanted to share an incredible experience that I had at the Calgary airport on my way to Los Angeles for the EFT training in January.

At the Calgary airport they have "White Hat Volunteers". Here is the email that I sent to the group once I returned home from my trip:

I am writing to thank you and your volunteers for having such a wonderful program.

On Sunday, January 20 at 11:30 am I arrived in Calgary via Edmonton with a short time to connect to my flight to LA. I misunderstood the Air Canada agent in Edmonton who told me I would have to pick up my bag in Calgary and take it through US Customs. I thought she meant in the arrivals area. I quickly got there and stood waiting impatiently for my bag to arrive. I was there for about 15 minutes –

which I truly did not have to spare – when a sweet man with a white hat and red vest came over and asked me about my bag that had not yet arrived. I explained that I needed to pick them up before heading through to US customs. He smiled and explained that my bag would not be coming there, but upstairs in the US department. He told me how to get there and off I ran.

With his help I made my connection. I have no idea how he knew I had been waiting that long, or that I needed help, but I am so grateful he did.

I would love to tell you his name, but unfortunately I did not take the time to get it. Please pass on my gratitude for his help that morning. You'll know who it is as he is the one with Angel wings on his back.

*In deepest gratitude,
Glenyce Hughes*

When I shared this with a friend she said that they will probably find there wasn't even a male volunteer working that morning! Which is very possible.

Angels are everywhere. God sends them as other humans, as animals, as energy, as miracles, as visions, as coincidences, as intuition, etc. However we need them, there they are.

We just need to be open to the possibilities and the Angels will do the rest.

Sometimes God even uses us as Angels - for a moment, either knowingly or not, speaking words we did not even know we knew.

Take the time to thank your Angels each and every day. They work hard for us.

May Angels surround you continuously,
Glenyce Hughes

The reason angels can fly is because they take themselves lightly.

G.K. Chesterton

Be an angel to someone else whenever you can, as a way of thanking God for the help your angel has given you.

Eileen Elias Freeman

Angels have no philosophy but love.

Adeline Cullen Ray

If we were all like angels, the world would be a heavenly place.

Author Unknown

We're all kissed by angels but some of us never think to pucker.

Amethyst Snow-Rivers

Angels deliver Fate to our doorstep - and anywhere else it is needed.

Jessi Lane Adams

Sometimes what we believe as coincidence is really just getting ourselves caught in an angel booby trap.

Grey Livingston

On the Road...

Glenyce will be available for appointments/workshops:

Saskatoon - March 12 &

April 6 & 7

Moose Jaw - April 8 - 10

Melfort - April 13

Turtleford - April 20

May your days all be blessed with the presence of an angel watching over you.

Douglas Pagels

Communicating With Your Angels

Your angels are a very loving source of protection and guidance. They are your teachers and your greatest source of inspiration. They can help you find your sense of peace and discover your greater purpose. By contacting them during meditation, you can easily receive tons of information for yourself and others. This will help you make better decisions and live your life with grace and ease.

There are many ways you will feel this communication during psychic sessions. You may see a series of pictures, or get hit with an instant understanding or insight. You'll need a notebook or tape recorder for this exercise, because once you have connected with the energy of your angels, you'll record what these beings have to say to you by describing what you see in your journal or on tape. The way most people receive this information is through a stream of words, as if they were taking dictation. Simply open to this flow and passively accept what you see, hear and feel. Write it all down as fast as you can. Don't judge it, don't be too logical, and don't think too much or you'll choke the flow. The faster you just write what you hear and feel, the faster the messages will come. You'll know you are receiving messages from your guides or angels because the dictation you receive will be in perfectly constructed sentences without any thought on your part whatsoever.

The most important thing you need to remember about this communication is trust. You will not know where they're information will lead. Just go with it. You may miss a few words when you first begin or get choppy sentences, or just feel a strong, calming presence. This is perfectly normal. You are learning to tune into the channel of spirit beings, and to get your thoughts out of their way. You'll see improvements every week.

There are so many gifted people who will find this type of communication extremely easy. Once you open up, you'll probably find a lot of messages awaiting pick up. Our guardian angels have been on standby for a long time, so by the time we do this--whoosh! Out it flies.

Our guides and angels love giving information directly to us. It's their job. And when we reach out to receive it, we benefit all the more. The only thing you need to do to keep these messages flowing is to thank them often. Appreciation goes a long way.

One more thing...receiving information like this is great, but it is not gospel. Do not feel that this guidance is any more important than your own inner senses. Don't follow any information that doesn't resonate with you. Your choices are your own free will; guides and angels assist you with decision-making but they never take that power away from you.

Psychic Workout: Communicating With The Angels

Take out your journal and think of some important questions you'd like answers to. Write them in your notebook, leaving space for dictation. The more practical the question, the more practical the answer. Here are some good questions to ask:

- What do I need to know right now?
- What lessons am I working on right now?
- Why did (a certain event) happen to me?
- How can I transcend this lesson or situation?

You can also ask your guides and angels their names, and physical descriptions, or explore the kind of relationship you have with them.

Light a candle, close your eyes and let your breathing relax you into a deep comfortable place. In your mind's eye, bring your attention to your first question. Invite your angels or spirit guides in to answer it. Let their energy flow through you. The answer will pop up immediately. After ten seconds or so, you'll be ready to write what you feel, hear or see. You may feel that the middle area of your forehead is the center of this communication, that is called your third eye. If this is the case, it will help you to focus your concentration on that spot.

Write everything that comes to you in your journal. When the universe is done communicating, you will naturally stop writing. End your session by putting a protective shield of universal energy around you and close your sacred space. When you are finished with your session, ask yourself some questions: How did the angel energy feel to you? Did you hear or feel anything unusual? Write about your experience in your journal.

AT A GLANCE...Communicating With The Angels

Step One Light a candle and write the perfect question in your journal.

Step Two Close your eyes, enter a relaxed state by breathing deeply.

Step Three In your mind's eye; bring your attention to the question. Invite your angels to surround you, and answer the question.

Step Four Let their energy and the answer flow through you. Write what you feel, hear or see--or simply enjoy the calming energy.

Step Five When they are finished dictating the answer to you, stop writing. End your session by putting a protective shield of universal energy around you and blowing out the candle.

Step Six Reread the information you received and write about the experience in your journal.

Taken from: http://www.staceywolf.com/html/angel_exercise.html

May You Always Have An Angel By Your Side

May you always have an Angel by your side.
Watching out for you in all the things you do.
Reminding you to keep believing in brighter days.
Finding ways for your wishes and dreams to come true.
Giving you hope that is as certain as the sun.
Giving you the strength of serenity as your guide.
May you always have love and comfort and courage.
And may you always have an Angel by your side.
Someone there to catch you if you fall.
Encouraging your dreams.
Inspiring your happiness.
Holding your hand and helping you through it all.
In all our days, our lives are always changing.
Tears come along as well as smiles.
Along the roads you travel, may the miles be a thousand times more lovely than lonely.
May they give you gifts that never, never end: someone wonderful to love and a dear friend in whom you can confide.
May you have rainbows after every storm.
May you have hopes to keep you warm.
And may you always have an Angel by your side.

Douglas Pagels

Emotional Freedom Technique Tapping Teleclasses

EFT is an amazingly easy and powerful technique that can heal your life.
Combine it with the power of group intention and the results are MIRACULOUS!

TAP into JOY - Tuesday, March 18 at 7:00 pm MST

Feeling less than JOYful in your every day life? Join us to Tap into JOY so you can easily experience JOY each and every day!

TAP into FORGIVENESS - Wednesday, April 2 at 7:00 pm MST

Is your energy draining because of unforgiveness? Join us to Tap into FORGIVENESS and easily open your heart to love and peace.

TAP into PEACE - Tuesday, April 15 at 7:00 pm MST

Always stressed? Is your soul craving PEACE? Join us to Tap into PEACE so you can easily live your life from that calm stillness within.

TAP into INSPIRATION - Tuesday, April 22 at 7:00 pm MST

Do you have ideas and thoughts you want to share with the world but can't find the inspiration? Join us to Tap into INSPIRATION so you can easily share your gifts with the world!

Cost is \$20 for each teleclass or \$70 if you want to come to all 4 and you pay for them together.

Calls will be recorded if you are unable to listen in on the specific date.

Contact Glenyce to register - credit card number required at time of registration.

A teleclass is like a workshop held in the privacy of your home! Using your phone, you will call a number based in the US, and connect with everyone on the call. It saves you travel time and money, plus you can listen in your pajama's and no one will ever know!! :)

Books Recommendations

- A New Earth by Eckhart Tolle
- Healing with the Angels by Doreen Virtue
- Archangels & Ascended Masters
- by Doreen Virtue

*The magnitude of life is overwhelming.
Angels are here to help us take it
peace by peace.*

Levende Waters

