



PHOENIX RISING

Issue 16

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The Healing Room

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Message from Glenyce

I recently read the book "Spiritual Economics" by Eric Butterworth. It is one of those life changing books. One of the things he talks about is gratitude. He speaks of just feeling it. Not listing things in your life to be grateful for, but just feeling gratitude. Stop for a minute and just "feel" grateful. Isn't it an incredibly powerful feeling? One that you want to feel more of? Since reading this I have practiced it quite often; I just feel gratitude. This quickly eliminates any negative thinking or judgments. I went on a road trip a couple weeks ago and was consciously staying in gratitude as long as I could. After about 3 hours of rural driving I came to a city. To my surprise every light was green as I drove

through, every lane that I needed to go into was free of traffic and the one store I had to stop at was filled with helpful staff who all appeared to be loving what they were doing. (which is sometimes hard to find at Tim Horton's!) It was truly magical at how it all just worked. I know this was because of the energy of gratitude I was feeling. As you have heard me say many times, what you focus on, comes back to you. So focusing on gratitude is a beautiful way to stay in a state of grace and get the same back. A couple of nights ago a friend and I went to the Harlem Gospel Choir at the Vic Juba Theatre. What an incredibly powerful experience!! There was a group of African

American singers whose passion and joy was in every word they sang. I noticed the theme of the songs was in "gratitude" to God. The energy was easily sensed by everyone in the crowd because of the gratitude they were exuding. Sometimes between songs some of them would shout out "Praise the Lord" or "Thank you God for blessing us." It was so amazing to experience their love, dedication and gratitude toward God. This inspired many people in the audience to do the same through movement or singing. I truly feel blessed just to have been in their energy. With much gratitude to you all,
Glenyce Hughes

If the only prayer you said in your whole life was, "thank you," that would suffice.

Meister Eckhart

We can only be said to be alive in those moments when our hearts are conscious of our treasures.

Thornton Wilder

As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them.

John Fitzgerald Kennedy

God gave you a gift of 86,400 seconds today. Have you used one to say "thank you?"

William A. Ward

If you have lived, take thankfully the past.

John Dryden

Gratitude unlocks the fullness of life. It turns what we have into enough, and more. It turns denial into acceptance, chaos into order, confusion into clarity.... It turns problems into gifts, failures into success, the unexpected into perfect timing, and mistakes into important events. Gratitude makes sense of our past, brings peace for today and creates a vision for tomorrow.

Melodie Beattie

On the Road...

Glenyce will be available for appointments/workshops:

Bonnyville, AB - May 16 &

June 20

Wainwright, AB - June 8

Turtleford, SK - June 15

Edmonton, AB - July 13 & 14

The Deeper Secret Part 1

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!

When some of the speakers were on Oprah in February she said that she has been using the law of attraction since 1985. It is easy to see that Oprah has had success with it.

However last week when I turned the Oprah show on, she had a show on about scam artists. I wondered if she really understood The Secret?

I believe there are deeper secrets about The Secret and I am going to share my views on these through the next few newsletters.

The law of attraction states – what we focus on, comes about. So we focus on positive things we want in our life and we will create them. Pretty simple.

However let's examine this deeper – what we are putting into our consciousness will become our experience. So when we watch shows that talk about scam artists, and feel angry or scared because of it, these are the experiences we will create in our lives. So imagine millions of people watching that one show, fearing the potential of being scammed – now we have a world full of fear. And yet we wonder why our world is falling apart.

Why do you suppose there has been an increase in crime and violence since the invention of TV? Why do you suppose kids are killing kids? What are the #1 rated TV shows – Law & Order, CSI, Criminal Minds, etc. Wayne Dyer says is best "When you believe it, you will see it."

It is up to you to monitor what you put into your consciousness and if you are a parent or guardian – the consciousness of your children. This can be difficult if you have TV, radio, video games, or the Internet in your surroundings. (and who doesn't?)

My recommendation is to become a gatekeeper of your mind. While watching your favorite TV shows ask yourself if you want this as part of your reality. I expect there would be very few shows you would watch if you answered that question honestly. Personally, I am very conscious about what information I put into my consciousness. The only program I watch faithfully is the Amazing Race. Although sometimes I will watch Touched By An Angel, Oprah, Ellen or some of those home improvements channels.

I don't listen to the news, or read the papers (except for the local paper), I only watch movies that will inspire or motivate me, and I am careful about where I surf on the net.

This may sound a bit extreme but I am very serious about what goes into my mind. In order for my life to continue to be peaceful, loving & joyous I need to be conscious in my choices, my actions, & my beliefs.

If something does come into my consciousness that doesn't feel good then I will send blessings to the situation, along with prayers & Angels, and release it.

One woman complained to me that she had been using the law of attraction for 6 weeks to attract the man of her dreams. She said she was faithfully visualizing her and him together, feeling the wonderful feelings, etc. However the only men she seemed to be attracting into her life were cheaters or ones looking for one-night stands. When I asked her what TV programs she watches on a regular basis she answered All My Children, Nip & Tuck, Desperate Housewives, Dr Phil, and Law & Order. I pointed out that these programs were putting the exact opposite of what she wanted, into her consciousness. All of them have some form of unhealthy relationship issues in them, which is exactly what she was experiencing in her life. I recommended she go on a strict 30 day TV diet while continuing to visualize and feel the relationship she wants in her life.

As shown on The Secret, it is a scientific fact that your brain does not differentiate between something happening to you physically or through your imagination. This works the same when you are watching something on TV – your brain doesn't know that it isn't happening to you, it accepts it as real and finds other experiences similar. Same goes for what you are reading, games you are playing, gossip you are listening to, etc.

If your life isn't as happy, loving, joyous and abundant as you want it to be. Then I suggest you check what you are putting into your consciousness. It is very likely that you are sending it some mixed messages.

Many blessings sent you on the wings of Angels,

Glenyce

P.S. I was excited to see on the internet that Larry King Live has committed to showing one positive based show per month due to how The Secret impacted the host, Larry King. This may seem small, however I feel for a show based on negative—this is HUGE! I know it will lead to eventually all positive shows!!

Book Recommendations

- Loving What Is: Four Questions That Can Change Your Life by Byron Katie
- Spiritual Economics, The Principles & Process of True Prosperity by Eric Butterworth
- The Abundance Book by John Randolph Price

Law of Attraction Retreat

June 22, 23 & 24, 2007

Learn about the Law of Attraction in a refreshing and peaceful lakefront paradise...

Join me for a relaxing getaway weekend at beautiful Bright Sand Lake, Saskatchewan to learn about the Law of Attraction and how to apply it to your life. Using concepts from the hit movie "The Secret" and other brilliant resources, we will spend the weekend choosing what it is you want in your life, setting intentions around your choices, creating a vision board to help you focus your thoughts and much more!

This Retreat includes:

- Handouts & vision board materials
- Guided Meditations on CD
- All vegetarian meals, snacks, & drinks.
- 2 nights shared accommodation. Please bring sleeping bag and pillow, beds will be provided.
- Retreat Program

The cabin will accommodate 6 guests on a first come – first served basis. If you prefer to stay in your own tent or cabin, you are welcome to park in the yard.

Your investment is \$400.00 and payable at Registration. Visa, Mastercard, debit & cash accepted. Contact Glenyce for your registration form at 1-866-807-0320 or glenyce@glenyce.net

"A human being is part of a whole, called by us the Universe, a part limited in time and space. He experiences himself, his thoughts and feelings, as something separated from the rest a kind of optical delusion of his **consciousness**. This delusion is a kind of prison for us, restricting us to our personal desires and to affection for a few persons nearest us. Our task must be to free ourselves from this prison by widening our circles of compassion to embrace all living creatures and the whole of nature in its beauty."

Albert Einstein

Angels 911 – Get the Help You Need

- ★ Ever feel like your Angels have taken an extended vacation?
- ★ Feel like you've lost touch with your Angel guidance?
- ★ Ever asked your Angels for help and got the opposite of what you asked for?
- ★ Ever wonder if there is a better way of communicating with your Angels so that you can get what you want?

Then this FREE Teleclass is for YOU!

Learn tips & techniques for working with Angels to live the life your heart desires.

Wednesday, May 9 @ 7:00 pm

Contact Glenyce to register 780-853-6627 or glenyce@glenyce.net

★ 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 as you will be dialing a number in the US, but there are no additional fees. You will be charged the standard long distance charges from your chosen long distance company.

Upcoming Events at The Healing Room

Angel Workshop - May 6, 2007

12:00 pm to 5:00 pm. Angels are beautiful beings of love and light who manifest in many forms and who exist to lovingly help, guide and support us in all areas of life. All we have to do is ask and be open to receiving. This gentle and loving workshop includes guided meditations and exercises within the group to enhance your experience of and connection with the Angels and to bring this experience into your everyday life. Your investment is \$85.00. **Please register by April 30, 2007.**

Raise Your Vibrations Teleclass - May 23, 2007

7:00 pm to 8:00 pm. The higher our energy is vibrating, the more filled with love, joy and abundance we are. This teleclass will give you specific steps to take to raise your energy vibrations so you can feel the wonder of life in every day. Your investment is \$20.00. **Please register by May 15, 2007.**

Reiki Level I & Reiki Level II – May 26 & 27, 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. Your investment is Level I investment - \$170.00 and Level II investment is \$225.00. **Please register by May 16, 2007.**

Beginner Meditation - May 30, 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 May 23, 2007.**

Reiki Advanced & Reiki Masters- May 31 & June 1, 2007

9:30 am to approx 5:00 pm both days. Vegetarian lunch, beverages & manual included. Your investment is \$450.00 for Advanced and \$550.00 for Masters. **Please register by May 23, 2007**

Living in the Light - June 2, 2007

10:00 am to 4:00 pm. When we live our lives in the light we are full of love, gratitude & joy. We easily handle anything that comes our way with ease and grace. We vibrate at a high level where we attract everything we require to live the lives our hearts desire. Through group and individual exercises you will learn the practical tools to use every day to assist you to live in the light. If you are looking for some tips to stay centered, empowered and filled with love then this workshop is for you! Your investment is \$100.00 and includes a vegetarian lunch, beverages & handouts. **Please register by May 25, 2007.**

All About Angels Teleclass - June 27, 2007

7:00 pm to 8:00 pm. Angels are beautiful beings of love and light who manifest in many forms and who exist to lovingly help, guide and support us in all areas of life. This exciting teleclass includes information to enhance your experience of and connection with the Angels and a guided meditation to meet your Guardian Angel. Your investment is \$20.00. **Please register by June 19, 2007.**

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

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