



PHOENIX RISING

The Healing Room

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Message from Glenyce

I am so excited because my new line of room mists are ready! It has been quite an interesting journey. A couple months ago I had decided I would make a lotion using essential oils to help highly sensitive people. Between the 2 essential oils and the specialty lotion, it was going to be very expensive. A friend suggested I make a spray as it is more economical with the same effect.

The next day I did some research into making sprays. I got so excited about what was possible - I ended up with 10 different sprays! I ordered everything I needed to create the sprays the next day.

I decided that I wanted the labels to be professionally designed and printed. I had no idea who did that sort of thing so I asked my Angels to help me find the perfect person. As I was walking around the grocery store a women's name popped into my head. I had talked to her once about 6 months previously. I knew she designed advertisements, not sure about labels.

When I got home I easily found her contact info, Wanda Magnan at Happy Girl Art & Design, and called her. We had a great chat and she said she would be happy to work on the labels – however she wouldn't be able to do so until the following week as she was very busy. I really wanted them quickly but was willing to wait as I knew she was the right one for the job.

I emailed my artist friend, Nancy Pon, in Shanghai and asked if she could draw me an Angel for my logo. Nancy sent me 6 to choose from within 24 hours. I was ecstatic! I emailed it to Wanda and to my great delight she created the perfect label that afternoon! (5 days earlier than expected!) WOW! I was so grateful (and still am!)

I found a label company in Edmonton and they were sent off for printing. Everything had been so guided, so amazingly perfect. I then took a logical look at the costs associated with creating these sprays. I started to panic as the numbers were high and

my ego took over. What was I doing? Spending all this money when I have taxes and GST due at the end of the April. On and on I went. Ignoring the knowing that it was perfectly guided and exactly what it needed to be. My head said I was crazy and I believed it. Needless to say, my logical thoughts about everything slowed things down – way down. My labels took 5 weeks to get completed!

It took me a couple weeks to realize that I was the one creating the delay. My negative thinking about the costs stopped the beautiful flow. It took me a bit to get back into trusting mode and once again the flow started.

An excellent reminder of how powerful our thoughts and feelings truly are!

A big thank you to Wanda and Nancy for their help with this creation, I appreciate you both so much!! (You can find more information about my room sprays on the back page of this newsletter or online.) Blessings,
Glenyce Hughes

Human beings, by changing the inner attitudes of their minds, can change the outer aspects of their lives.

William James

I am still determined to be cheerful and happy, in whatever situation I may be; for I have also learned from experience that the greater part of our happiness or misery depends upon our dispositions, and not upon our circumstances.

Martha Washington

Happiness is when what you think, what you say, and what you do are in harmony.

Mahatma Gandhi

The basic thing is that everyone wants happiness, no one wants suffering. And happiness mainly comes from our own attitude, rather than from external factors. If your own mental attitude is correct, even if you remain in a hostile atmosphere, you feel happy.

Dalai Lama

On the Road...

Glenyce will be available for appointments/workshops:

Turtleford - May 23

Radway - May 31

Saskatoon - June 5 & 6

& July 6 & 7

Harmonizing For Happiness

Harmonizing is a means of becoming happier by aligning yourself with the way the world is unfolding.

To illustrate, imagine yourself in a moving crowd. If the crowd changes direction and you stubbornly insist on traveling in a straight line at the same speed, there will be collisions, upset, and maybe even a fight.

Amazingly, this is how a lot of people operate—indifferent to the discord they are creating around themselves. They unknowingly create tension and unrest because they don't know how to harmonize with their environment.

def. Harmonizing – the intentional process of making small changes in your choice of actions to enhance the greater good.

Two primary means of creating harmony are: altering the timing, and altering the location of your actions. Consider the following example, which has the potential for discord.

Let's say you have two things to accomplish one quiet Saturday morning: packaging up and taking three boxes to the post office, and writing a proposal. Just as you sit down to write the proposal, your neighbor starts mowing his lawn. The noise is unbearably distracting.

You have several options. You could try to write the proposal in spite of the noise, but you'll probably just get angry at your neighbor. You could try to find another place to write, although that could be very inconvenient. You could plead with your neighbor to delay the lawn-mowing, but that would likely upset his plans. Or, you could package up your three boxes first and head to the post office. By the time you return, the mowing will be over. Clearly, the most harmonious option is the last one.

By becoming sensitive to the first inklings of inharmony, and then actively considering whether you can alter the timing or location of your actions, you can significantly improve your happiness level.

Timing and location changes aren't the only ways to increase harmony, however.

Consider the lawn-mowing example again. What if your neighbor really needs to mow at exactly the same time that you must write your proposal? Both of you have committed to schedules that put you in each other's way. Now what?

How about this? Tell your neighbor that you'd be happy to mow his lawn for him if you could have this quiet time you so desperately need. Not only does this solve both of your problems, it breeds good will. Next time he'll mow your lawn when he does his. Rather than struggling through the noise and getting secretly angry at your neighbor, you've found a solution that makes you friendlier to one another.

This goes beyond the "win-win" situation—where competitors each try to get their fair share. It actually creates harmony and friendship by enhancing good will. I call these, "harmonizing solutions." Everyone gets what they need, and friendship is bolstered.

Creating harmonizing solutions requires two things: good will and creativity. Begin with good will and then imagine creative ways to help each other succeed. A harmonious solution can almost always be found. Happiness is the natural byproduct.

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Books Recommendations

If Buddha Got Stuck by Charlotte Kasl

Happier than God by Neale Donald Walsch

Back by popular demand...

Tap into Your Psychic Power

4 week Teleclass using EFT

Do you feel you have blocked your psychic ability?

Do you want a stronger connection to your team in the spirit world?

Do you pray for guidance and inspiration, but don't feel you get it?

Do you have an understanding of psychic and intuition, but need some help utilizing yours?

Then this 4 week teleclass is for YOU!

Each class will be a mixture of teaching and exercises to enhance your knowledge and use of your psychic power. We will also use emotional freedom technique (EFT) to dissolve your limiting beliefs about being psychic.

Tap Into Your Psychic Power program includes:

- 4 - 1 hour Teleclasses.
- Handouts emailed prior to each class.
- Download of my Connect to the Other Side CD.
- Unlimited email support, about the weekly classes, throughout the program.
- Recordings of all the Teleclasses.
- Weekly emails with ideas for tapping phrases for that particular week.

Wednesday, June 4 - 7:00pm to 8:00pm AB time

Wednesday, June 11 - 7:00pm to 8:00pm AB time

Wednesday, June 18 - 7:00pm to 8:00pm AB time

Thursday, June 26 - 7:00pm to 8:00pm AB time

Your investment is \$150, **however if you register by May 21 it is only \$125.00!!**

Email or call to register – credit card required.

You will be calling a US based phone number, so if you don't have a good phone plan you may want to purchase a cheap phone card from a convenience store.

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!

Mark Your Calendars...

Increase Your Psychic Awareness Retreat - August 8, 9 & 10, 2008

Reiki Retreat - August 16 & 17, 2008

More information coming soon...

By Angels For Angels
**Aromatherapy
 Room Mists**

10 DIFFERENT SCENTS....

Happy Indigo Kids

Spritz into the air around Indigo kids to help them feel happy & grounded. Great for use in home, vehicles, classrooms & play spaces.

Happy Crystal Kids

Spritz into the air around Crystal kids to help them feel happy & grounded. Great for use in home, vehicles, classrooms & play spaces.

Psychic Vibes

Spritz into the air to lovingly & safely open all your psychic senses. Great for use during meditation, during energy work and anywhere you want to access your psychic gifts.

Release Them

Spritz into the air after each client to lovingly disconnect your energy from their stuff, and reconnect with Self. Great for use in therapy rooms, offices, after telephone calls and anywhere you connect with other people's stuff.

Connection

Spritz into the air to open your energy and connect with your loved ones in Spirit, Angels and Guides. Great for use during meditation, during energy work and anywhere you want a closer connection.

Stay Present

Spritz into the air to help you release your ego and feel your "presence". Great for use anywhere you wish to stay more present.

Joy!

Spritz into the air to uplift your spirit. Great for use anywhere you wish to feel uplifted and free!

BALANCE

Spritz into the air to calm down overwhelmed feelings and bring you back into balance. Great for use in home, vehicles, work and anywhere you wish to feel balanced.

Calm Child

Spritz into the air to lovingly calm children down during a tantrum or stop one from happening. Great for use in home, vehicles, classrooms and anywhere you want children to feel calm.

Forgiveness

Spritz into the air when you want to lovingly disconnect your energy from a person or situation you feel hurt or betrayed by. Great for use in home, vehicles, work and anywhere you wish to feel lighter.



*Tickle your senses
 with healing mists!*

Wholesale
 terms
 available
 for retailers

All product comes in a cobalt
 blue 4 oz spray bottle.

Please see price list for ordering information.

THE HEALING ROOM

Phone/Fax 780-853-6627 www.glenyce.net glenyce@glenyce.net

Glenyce
 Hughes

Reiki Workshops at The Healing Room

Level 1 – June 12 - your investment = \$170.00.

Level 2 - June 13 - 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, 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.**

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