

January's Musings

Happy New Year to you and your loved ones.
May your magnificence shine brightly throughout the year.

Have you set your intentions for the New Year? The energy of New Year can really propel us forward on our path; we all have so many dreams, hope and ambitions, yet self doubt can sabotage our cherished hopes.

Actually writing down our new intentions, then reading or even better stating them out loud, morning and night can help anchor these messages into our being and subconscious. We begin to believe the messages and open ourselves to receive the opportunities that will come our way to manifest them.

One useful tool to keep self doubt and other limiting beliefs that sabotage us, from experiencing what we desire is EFT (Emotional Freedom Technique). It is easy to apply and it can be fun. You use your words that reflect the emotions that you are experiencing and you 'tap' them away! Is it truly that easy? Sometimes yes, yet it may take more than one day of tapping- our limiting beliefs may have been with us for a lifetime, so we can't expect that one round of tapping will be enough! Although, I am a firm believer in miracles.

Our intentions need to be nurtured and cared for, they are a part of us, and we need to energise them with lots of love! If you think of your intentions as having a gorgeous baby- you wouldn't get bored after a day and leave it alone to die and wither!!! So it is with our intentions, we need daily to say them, visualise having them and the emotions that you will feel when this has occurred. The more focused you can become in living your dream in every way, the quicker it will come into your life.

The law of attraction works precisely; what we think about in great depth and emotion we will draw to us. Like attracts like! Have you noticed this in your life? It is so easy to see the lack in our lives and what we don't want; after all we are living it, but if we can take our attention away from what is and onto what we want, then miracles can happen.

I am assuming that you all know which points to tap for EFT. For beginners, if you email me, I will forward you a tapping chart.

New Year's Tapping

Side of hand: Even though, I have all these great ideas, they never amount to much, I didn't succeed in the past, so what makes me think that I will now, yet I choose to deeply accept and forgive myself and anyone else who has never had faith in me.

Eyebrow: I have a wonderful idea

Side of eye: My New Year resolution

Under the eye: I may not have succeeded last year, or the year before that

Under the nose: But I am not going to let that discourage me

Under the mouth: Who am I kidding?

Collar Bone: Too many things to remember to think about

Under the arm: I haven't got time to state what I desire

Crown: In fact it is madness to think that by repeating what I want

Eyebrow: By dreaming it and living it

Side of eye: I will ever get it

Under the eye: More likely it will show me that I haven't got it

Under the nose: My family will remind me of my failures

Under the mouth: I am a failure, I must be or I would have what I want

Collar Bone: I have a choice in what I think and believe

Under the arm: I choose to be positive

Crown: If one person can live their dreams then so can I

Eyebrow: I release from every fibre of my being

Side of eye: From every cell, electron and subatomic particle

Under the eye: Every thought and belief that doesn't resonate to my new way of thinking

Under the nose: I am rewriting my story of 'what is'

Under the mouth: This is the new me and I love me

Collar Bone: I love myself exactly as I am right now in this moment, however I perceive myself to be

Under the arm: I know I can do this, I am releasing any fears of the unknown and failure

Crown: I am worthy of receiving all I desire, I am worthy of love and all the goodies that the Universe is trying to send me. I am ready and open to receive now and in every moment, all that I desire for my highest good and the good of the whole. And so it is.

When you have completed these rounds, tap your 'third eye' to anchor in your intention. Say it out loud joyfully and with glee as if you truly had 'your dream' in your life right now in this instant.

Say it at least three times and end with " And so it is, and so it is, and so it is"

UPCOMING EVENTS

If you are interested in crystals and energy healing then these workshops could be for you. Nicki and I are holding the foundation workshop in January, followed by workshop 2 which build and enhance your healing techniques. They are both fun days where you practice your skills and you go home confident in your ability to dowse, sense energy and complete a basis crystal balance. We hope you can join us.

Introduction to Crystal Energy & Healing Workshop 1

Venue:

*Freckenham Village Hall, Freckenham, Suffolk on Sunday 31st January 2010
from 10.00-5.00pm.*

We will include the following:

- Similarities between Crystals and ourselves!
- How and why to dowse, also sensing energy.
- Tuning into Crystal energies through meditation
- Introduction to chakras & our energetic bodies.
- Balancing & harmonising our energy systems with crystals
- Crystal Grids
- The Balance Procedure

This fun filled workshop will be a practical hands on approach to gain the confidence to continue to practice on yourself and family
All are welcome. No experience necessary.

Cost £50 per person with a £20 deposit required.

To include refreshments during the day.
Please bring your own packed lunch.

Payment is through completing a booking form and returning with a cheque to:
Joanne Duffy,3 Lee Brook Close, The Street, Freckenham, Suffolk, IP28 8QZ

Crystal Energy & Healing Workshop 2

Venue:

Freckenham village hall, Freckenham, Suffolk, on Sunday 28th February 2010 from 10.00am -5.00pm.

We will include the following:

- Energy flow within the subtle bodies
- Exploring inner & outer worlds
- Chakras & Higher Chakras in depth
- Crystal Grids
- Dimensional energy fields
- Transformational violet flame

This fun filled workshop will be a practical hands on approach to gain the confidence to continue to practice on yourself and family. We will build on the knowledge of crystal healing to a greater depth and understanding.

Some understanding of energy and crystal healing would be beneficial to gain the most from this workshop.

Cost £50 per person with a £20 deposit required.

To include refreshments during the day.
Please bring your own packed lunch.

Payment is through completing a booking form and returning with a cheque to:

Joanne Duffy, 3 Lee Brook Close, The Street, Freckenham, Suffolk, IP28 8Q

Also my friend, Nicki Nunn, is organising a Jane Sheehan Foot Reading Workshop Saturday 6th and Sunday 7th February 2010, The Meadows Centre, Cambridge. Cost £75 a day.

Solestry – The Art of Foot Reading Day 1

Whilst this course is aimed at people with no prior knowledge, Reflexologists will find their knowledge an advantage. You will gain a deeper understanding of the way emotional aspects and personality are reflected on the feet. This knowledge can be used in a therapeutic way by those with counselling skills or can be used to interest potential clients into learning more about what their feet can tell them in terms of health or emotional issues. It can also be used as a tool for personal development. The day will be very intense yet fun.

Solestry – The Art of Foot Reading – Practical Workshop Day 2

This workshop aims to allow those who have already attended the Solestry – The Art of Foot Reading seminar to practice their new found knowledge in a supportive environment with experienced foot reader on hand to answer any questions that arise from the readings. Some people attend this seminar the following day after attending the theory seminar and some people attend much later after practicing their skills to fill their recognised gaps in their knowledge.

This is very much a “hands-on” workshop. As we can’t anticipate what “feet” will show up on the day, a selection of slides have been prepared just in case we don’t have the variety required, however, after two years of running this course we’ve only had to use the slides of tattoo-ed feet!

Please contact Nicki Nunn at n.nunn@ntlworld.com or see www.footreading.com for further information.

You may be interested in the following videos, which are free to view, which are wonderful. I am using both at the moment, and they will, hopefully, assist you in releasing those limiting beliefs and aligning to your true Self, the innate goodness that burns within you.

The first is the Diamond Alignment at <http://diamondalignment.com/>

The second is Quantum K: http://www.quantumk.co.uk/quantumk_video.htm

I hope you find them of benefit, and I would suggest watching them at least 3 times over a period of a week, or more if you want. Have fun!

May you all be blessed with love, light and happiness.