

July's spiritual musings

Hello and I welcome each one of you into my heart space.

The month has gone so quick; in the blink of an eye we have experienced hot, humid weather, storms, heavy rain, winds and so the list goes on!

I am reminded of a passage from 'A Book For The Mind' by Swami Muktananda

*The mind is very strange.
In winter, it longs for summer.
In summer, it longs for winter.
The mind becomes unhappy
not only when it doesn't have anything,
but even when it has everything.*

I put my hands up and confess that sometimes I wish for more sunshine, less sunshine, rain for the garden, no more rain, less wind and so on!!

I take so much comfort from the above poem, as I am beckoned to lighten up and remember we create our own world by our own thoughts, and thus we make our own heaven and our own hell. I can choose.

*I now smile and if I find myself judging and labeling the weather, I switch my thoughts to celebrate what a magnificent Creator the Universe is!
Try it, you can't smile and not be in a good vibration.*

CHICKEN UPDATE!

*My gorgeous chickens are thriving and enjoying each day regardless of the weather!
They certainly don't think "It's no good, it's raining, I can possibly lay an egg as the conditions aren't perfect!!!"*

Cordy, named after Cordelia, the beautiful goddess of spring and summer flowers, has a lovely energy.

I feel a close connection to her; she always greets me first, follows me around the enclosure talking constantly and enjoys a cuddle and a stroke!

She is a tiny chicken compared to her sisters, but what she lacks in stature she definitely makes up for in personality. Her eggs are also tiny, and I presumed this was because of her size- WRONG!

I have been talking to her each day, complimenting her on her gorgeous red feathers, groovy headgear, great pair of legs, angelic wings and anything else that pops into my head!

We share a sacred moment when we look at each other, and then, with a flap of her wings, I know I am being told that our conversation is complete.

*Today I picked up her egg and was astounded!
No more small Cordy eggs, they are the same as her sisters and all it took was Love. She knows she is loved and safe, egg or no egg, unconditionally loved for herself.*

Manifestation is the same; we are loved and safe, no matter what we do and say. When the penny drops and we truly realize how GREAT each one of us is, then we become the ultimate co-creators with the Universe.

I am still learning and integrating this lesson- when I am flowing with my Divine Self, it truly is a joyous experience. My wishes come true, I am open to receive all the goodies that I desire.

When I am flowing with my lower Self, my lower personality, then it is from that vibration that I create what I don't want!!!

The ancient Rg-Veda says:

*May you awaken like the sun at daybreak,
ready to make your sacred offering.
Set forth with delight, like a pilgrim on his journey.*

*O heroic one, move forward with resolve
to make this sacred offering of yourself to life.
May you plant the banner of victory
in the service of humankind.*

We renew ourselves each day, just like the whole of earth, and so it is with our resolutions, our dreams and desires. We must hold them to our heart, so close to our heart, that it is like a prayer, as if we have a sacred gift that we would like to offer to the Universe.

Our dreams and resolutions need to blaze forth, to shine with each new day.

Their energy and frequency needs to constantly be renewed, lest we forget and they dwindle and perish.

I 'tap' on myself daily and I enjoy my morning ritual which sets the energy of the day for me. Tapping on the positives allows our energy to flow smoothly with our intentions, and if any little limiting beliefs surface, they are transformed instantly! Awesome!

Anyone who hasn't tapped before, I suggest you visit Gary Craig's website who gave EFT(Emotional Freedom Technique) to the world.

www.emofree.com.

Or contact me and I will send you some tapping charts, so you know where to tap.

Morning Tap

Side of the hand(SD): *I am going to have a great day, I am going to utilize the Law of Attraction throughout the day because I choose to feel wonderful throughout this day, and I completely love, forgive and accept myself and each person who chooses to be a part of my day.*

Eyebrow(EB): *I am going to have a truly great day*

Side of eye(SE): *I choose to feel and be at peace, regardless of the content of the day*

Under the eye(UE): *Abundance will flow into my life, delighting and surprising me.*

Under the nose(UN): *I meet wonderful, like minded people who are happy*

and content.

Under the chin(UC): *I enjoy everyone's company and choose to see only their great potential ,gifts and talents.*

Collarbone(CB): *And they only see my wonderful potential, talents and gifts.*

Under the Arm(UA): *When I travel today, my journey will be peaceful and safe. I will arrive refreshed and on time.*

EB: *And I am giving myself permission to release all those defeating thoughts that say" Who are you kidding"!!*

SE: *Releasing any stress and anxiety about the workplace, and I choose to remember that I am always in the right place at the right time.*

UE: *I create my own heaven and hell, so I am creating heaven today.*

UN: *I am going to have fun and be happy.*

UC: *I am going to be efficient and productive in my work and if any problems present themselves to me, I will easily resolve them for the highest and best good of all.*

CB: *I truly am going to have a fantastic day as I flow with each moment and learn to smile at life.*

UA: *I am going to flow with life, rather than resisting life and I know and feel that I am going to have a wondrous, happy, loving fulfilling day*

CROWN: *I am a magnificent child of God. And so it is in mind, body and spirit.*

May all your moments be blessed with love and laughter.

Be ready to receive all those goodies you are desiring.

You are worth it, every single moment of each day.

Animal Communication

I have enrolled on an Animal communication course, as I would love to 'speak' and 'listen' to the animal kingdom.

I do converse with my own animals; however I would love to put this out to all animals.

So, if anyone, would love to know what their animal is trying to say, I would love to practice, in preparation for my training.

I ask for no fee, just a photo, and I will tune in and listen and hopefully have a good chin wag!!

I ask for feedback, so I can ascertain how accurate my guidance is.

Send me an email with a picture attached, and I will really look forward to meeting your beloved pet.

Doesn't matter what animal, big or small, there are no limits!