

March Musings

Hello and welcome from my heart to your heart.

I hope you have all had a fabulous couple of months and enjoyed the abundance of snow that has fallen.

1st of March 2010 was an auspicious unforgettable day for Mike and I. Why? Herby, our hedgehog, who we rescued as a tiny hoglet, experienced his first night outside in the garden!

We have managed to raise this gorgeous little soul from 175g baby to a whopping 800g HUGE hedgehog. He has lived in my kitchen(in a cage) for five months, with our hall as his domain at night to explore and stretch his legs.

What have I learnt from our time together? He taught me to have trust and faith in the Universe and definitely how to live in the moment. He was so 'present' and in tune with nature, that he would hibernate indoors if the weather outside was really cold. We are keeping him in an enclosure in the garden for the first week and feeding him, then he will be fully released and free.

I now have to release my attachment to him and have faith and trust that Herbie will lead a happy, healthy, life with a gorgeous, sexy, female hedgehog for company. I may be a granny one day!



Baby Herby



Herby asleep
in my hat!



New home in the garden

Sadly one of my chickens has passed on and again I was being taught a lesson by my animals. Mike and I had returned from holiday and as we stepped through our doorway we were confronted by a distraught friend worried about 'Sandy', our chicken.

I took Sandy in the house and placed her in a nest beside the radiator for warmth. I gave crystal and energy healing and I truly felt that I could heal her and all would be well. She couldn't stand up, she just lay on her side and looked at me. The following day, she was in a worse condition with laboured breathing and when I gave her healing, I asked my High Self what else I could give her, so she could heal. The response was that my lovely little chicken was going to pass on, and in the afternoon, I went to the vets who helped Sandy pass to Spirit easily.

A wonderful friend, reminded me, very gently, that we all have our 'time' to go.

I am so glad that I honoured Sandy's choice and didn't continue trying to keep her with me.

I am enrolled in an animal communication course and it is now becoming second nature for me to 'speak' and 'listen' to my animals. I told Sandy she was going to the vets, so she could pass on to chicken heaven and she knew that I loved her. She replied that she chose the day I came home from holiday to be ill as she didn't want to leave me without saying goodbye.

Needless to say, many tears were shed that day.

March for me is about new beginnings; the snowdrops are showing their splendid flowers and life is definitely stirring within the garden. Our bird boxes are being investigated and I look forward to watching the antics of the birds building their nests and preparing for their new arrivals.

New beginnings mean new manifestations.

Are they the manifestations you want or are they here by default?

Are your dreams coming true? Do you know what you want? Or are you looking at what is and focusing and talking about what you don't want? Isn't the Law of Attraction so empowering and liberating? Our outside world is a direct reflection of our inside world; contrary to many beliefs, we are not a victim of life; on some level of our being we have aligned our energy to ALL that happens to us. Yes that truly does mean, the good, the bad and the ugly.

I personally find this truth empowering. No more complaining, worrying and blaming life. It is like grasping the nettle of life and saying "This is what I desire, and I know that the best and all there is mine. I can be, what I will to be"

Nicki Nunn and I are holding a Law of Attraction workshop on the 12th June at Freckenham village hall, Suffolk.

Freckenham is about 15miles from Cambridge and Bury St Edmunds and is easily accessible from the A14 and A11.

If you are interested in aligning your energy to what you really want and desire, then come and join us and in the group energy of the workshop, we will transform those subconscious beliefs that sabotage all our wishes.

Each one of us can transform ourselves and set in motion what we truly desire and long for in life.

I will be posting details of this workshop soon on my website: www.healing-glow.co.uk or email me at: healing-glow@googlemail.com for further details.

I have two guided meditation CD's which are available to purchase from my website, or you can email me for further details.

Meditation CD's are so helpful in focusing the mind on positive, uplifting images. We experience peace, calm and tranquillity. We let go of the day and enter a new world of love and happiness.

I have recorded an **Angel mediation CD**, where you meet your Angel, unfold your wings and fly, and receive angelic healing and blessings for yourself and share them with those you love. This is a nurturing and supportive mediation CD as you feel cherished and loved by the Angels.

My latest CD is **Heart meditation CD**, where I guide you to cleanse and open your Chakras, with affirmations and visualisations. You also learn how to heal your body through directing your heart energy to where it is needed the most. This is a marvellous CD which helps you to enhance your health and vitality.

My CD's are £9 each including postage and packaging.

Please email me if you wish further information or to purchase a CD. I have a recording snippet on my website if you like to listen before you buy.

OUR CRYSTAL HARMONY is a joint venture between Nicki Nunn and myself. We host workshops and now sell gorgeous crystals to assist you in enhancing your health, vitality and well-being. We created a few crystal layouts which I have channelled for clients of mine, which are now available for sale. The crystals are placed around you(or your bed) and sometimes on your body, and as you lay in this grid for about 20 minutes, your energy systems benefit from the healing properties of the crystals.

- **Insomnia/End of day layout**- 12 crystals in a layout to enhance a peaceful mind and facilitate relaxation and restful sleep.
- **Migraine/headache layout**- 8 crystals to relieve and move the excess energy within the head, down through your body into earth. Helps to absorb and diminish the pain.
- **Grounding to Earth energies**- 7 crystals which are especially useful if you are ungrounded and feel light headed. Also wonderful to help align your physical body to earth energies when you are going on holiday. We need to make sure our 'roots' are where we are standing and not back at home!
- **Chakra set**- 9 crystals to align and open your chakras. This layout and healing is enhanced when listening to the 'Heart meditation CD'.
- **Star of David**- this is a protection layout of 6 crystals which you can lay around your bed or lay in before you sleep. Alternatively this layout is also useful before starting your day.

We give information cards with the layout design, affirmations and visualisation to enhance the healing benefits. Crystal layouts are fun and extremely effective. I enjoy a crystal grid in the morning when I am setting my intention for the day and I feel inspired and really ready to rock and roll!!

We also offer layouts designed especially for you and whatever issue you are going through. I connect to your High Self and channel the information, then design the grid and dowse which crystal frequencies are required.

For further informations and prices, please email me or phone me on : 01638 721386.

I receive '**Notes from the Universe**' daily. Have you heard of them? They are inspiring and uplifting and completely free. I would recommend receiving them, if you like to be reminded how truly magnificent you are.

Mike Dooley is the author of 'Notes from the Universe' and I am always inspired by his quotes.

My favourite at the moment is:

Thoughts become things... choose the good ones!

Check him out at :www.tut.com

Thoughts become things tapping sequence

Side of the hand(SH): Even though, I absolutely don't believe that thoughts become things, I am going to love and accept myself.

Side of hand(SH): Even though, I refuse to accept that all that has happened to me, is because I have wished it into my life, I will love, care and accept myself.

Side of hand(SH): Even though this law of attraction seems to be believed by some people, I am not going to be hoodwinked into believing any of it, yet I am going to love, respect and accept myself exactly as I am now in this moment.

Side of Nose(SN): Whatever next, I'll be asked to believe that pigs can fly!

Side of eye(SE): I have experienced such grief in my life, I wouldn't have asked that for myself

Under the eye(UE): No way, would I have said" Give me unhappiness, poverty, loss of job, no friends, anger and all those things I don't want"

Under the nose(UN): It is IMPOSSIBLE to believe that thoughts become things and I won't believe it

Under the mouth(UM): Life can't be that simple, or can it?

Collarbone(CB): What if it is true and I let this opportunity pass me by

Under the arm(UA): I do remember when I am thinking good things, I feel great, and I suppose that is something to be grateful for

Crown of the head(C): What have I to lose and yet I could gain so much

SN: Wouldn't it be magnificent if I could watch my thoughts and choose good ones?

SE: I could keep on thinking happy thoughts and refuse to dwell on anything that gets me down

UE: Now I remember, when I am feeling sad, unhappy, ill, angry or depressed, my mind is running away with negative thoughts

UN: Is that really how it works? Is it that straightforward? Oh goodness, when do I think good thoughts?!

UM: Ok, I'll give it a try; the worst that will happen is that I will stay exactly where I am, in this rut in my life.

CB: The best that can happen is that good things will flow into my life.

UA: I can imagine all these good things coming into my life. I am getting excited now, I can do this.

C: I can be what I will to be and I am worthy of receiving all the goodies that the Universe wants to send me. I am ready to receive NOW.

Please ask (phone or email) if you require a tapping chart or advice on how to tap. I am more than happy to help and answer questions.

Enjoy the tapping and remember that life is meant to be FUN!

I attach a flyer if anyone is interested in attending the Spring Equinox meeting in Cornwall. A wonderful friend is co-hosting the event and I am sure it will be an inspiring day.