

Newsletter #4 By Helen Paige

Again I send out a wonderful welcome to the many new subscribers that have signed up. There have been hundreds this year which is wonderful to know that you are finding the site useful. I know you will find this newsletter a wonderful resource and inspiration to attract all that you desire into your life. My sending out of newsletters has been a bit sporadic lately, but I don't just send out newsletters for the sake of it, or like many others merely to sell to you. If I don't have anything to say, I won't send one out. So please enjoy this one which is a long one, but has been a long time coming.

This year, like many of you I have been undergoing HUGE transformations across all levels of my being – physical, emotional, and spiritual. Life has seemed a bit topsy turvy of late, with new challenges and hurrying more than ever as life just seems to have sped up yet once again. I have felt as though my body has been buckling under the strain, and my emotions have been up and down like a yo-yo. AHHHH, but rest assured if you or someone you know has been feeling this way, there is always a good reason!



In my opinion, the first thing to check is whether you are living your truth. **Are you where you want to be right now in your life?** Are you doing the things you want to be doing, being with the people you enjoy being around and are you expressing your innate creativity in whatever way feels right for you??? If you are not, then you too could be feeling less than balanced. These are all things you can change right now!

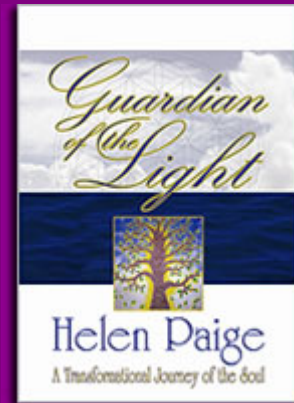
Get help if you need to. Find what will motivate you. Don't sit around complaining there are blocks in your way. All you have to do is decide what you want and then let heaven do the rest. For me, I'm a true believer that the notion of being in or out of control of your life, is a myth. Why? Because something bigger than us is truly in control – call it the Universe, the Divine, God, Universal Intelligence – it doesn't matter what you call it, but understanding that whilst you are essentially in control through deciding **WHAT** you want, **HOW** this comes to you should never be in your control for this will limit your ability to receive it. Let heaven's imagination bring it into your life. AND remember to laugh and have fun along the way!!!!

WHAT'S NEW

Well lots of new things are underway this month.

1. I have a new assistant, Nikkie Sallas, taking all my calls and booking in appointments which has been wonderful as it has freed me up substantially. I will be working with Nikkie over the next few months, training her in the art of Medical Intuition on a one to one basis. If this is successful then I will hopefully have a model by which to mentor others in this fashion in the near future. So many people want to do what I do and I'm a true believer just as the Angels state in my book *Guardian of the Light*, that many more Medical Intuitives are needed across the earth at this time. And trust me, if I can do it, anyone can do it!!!!

2. This year I am running NINE new workshops all designed around healing your body, soul and ultimately your LIFE. I have scheduled one per month on Sunday's only. The list of workshops are as follows:



Guardian of the Light was channelled by Helen in six nights! In *Guardian of the Light*, amazing spiritual beings come forth to offer guidance and practical solutions to perhaps our most challenging question of all: **How can I heal physically, emotionally and mentally, on a deep and permanent basis?**



Guardian of the Light - Self Healing Meditations includes six channelled meditations (from the book) which have been recorded to an awe inspiring soundtrack to help you achieve the full potential of inner growth and healing. Through the meditations you will be guided to:

- Reconnect with love
- Free yourself from

SUNDAY 10 MAY 2009

INTRODUCTION TO MEDICAL INTUITION

EXPLORE the world of Medical Intuition. Learn how to scan the human energy field and physical body for illness or imbalance and how to begin to heal all that you find. This workshop will cover:

1. An overview of physical anatomy and physiology and investigation of the metaphysical reasons for disharmony.
2. How to scan the physical body for illness and imbalance.
3. Assessing the human energy system: chakras, meridians and auric fields - how to see disease through them and correct illness through them also.
4. How to use kinesiology for assessment of yourself and another (muscle checking).
5. How to treat any disease and imbalance through the energy system.

SUNDAY 7 JUNE 2009

ENERGY MEDICINE

EMPOWER yourself to heal through energy and information. In this workshop you will be provided with and taught a detailed protocol for assessment and correction of family and friends. You will be amazed at how easily you can correct a number illnesses and imbalance in the body. The protocol you will learn includes assessment and correction of:

1. Life energy.
2. Chakras, meridians and auric fields.
3. Cranial structures (bones of the face and skull).
4. The central nervous systems, sympathetic and parasympathetic nervous system.
5. Spinal subluxations and their effect on the body.
6. Reflux in the mind and body.

There will be some anatomy and physiology that will be covered during this workshop, but no previous knowledge is expected of you. This workshop will blow you away, when you finish and realise all the things you will be capable of correcting!

SUNDAY 21 JUNE 2009

HOMEOPATHY FOR HEALTH

EMPOWER yourself through learning how to use natural remedies to treat yourself and your family. Learn the simple way to use homeoepathics for everyday conditions, from headaches to colds, and also for emotional issues. There is no limit to using these powerful yet safe remedies for health and healing.

This exciting workshop will be facilitated by one of Australia's premier Homeopaths and Health Educators, Susan Gianevsky. Susan has been formulating homeopathic medicines for over 15 years and worked for over 10 years as resident homeopath for homeopathic giant Martin and Pleasance. Susan is the developer of homeopathic medicine BE FREE - Habit Breaking Formula.

Her passion in empowering women to be all that they can be will mean all that are lucky enough to connect with Susan's vision, inspiration and knowledge on this one day workshop will be very lucky indeed!

SUNDAY 19 JULY 2009

NO MORE HISTORY!

EXPAND past your family history and past life situations that impact you in this current life. Learn how to release long standing genetic and non genetic issues coming from your family or past life events.

Many ailments and emotional patterns actually do not stem from this life and this existence. Belief systems that seem to cross down through many generations can have debilitating effects on you and your children. This workshop will explore the world of how family relations can affect subsequent generations and how to break this pattern utilising easily taught techniques that really work!

Issues stemming from past lives will also be dealt with through this one day workshop where you will be shown how to release any past life events that may be hampering your current life situation. The techniques taught for this have been given by spirit and are so easy to learn and very effective. You will love the freedom of knowing you can step outside the constraints of the past and simply return to living IN THE NOW!

judgement

- Connect to your deep inner knowing and intuition
- Heal yourself physically, emotionally and mentally
- Manifest all that you desire in your life
- Increase your psychic abilities
- Connect once more with 'who' you really are

This CD works in a subliminal fashion not requiring you to visualise as you listen, but merely listen as it activates you to change!!!

**AVAILABLE FOR
PURCHASE AT**

www.medicalintuition.net.au

SUNDAY 23 AUGUST 2009

ADVANCED ENERGY HEALING SECRETS

Empower yourself through these secret advanced energy and informational healing techniques, procedures and knowledge that will have you heal from anything, be it physical or emotional.

In this workshop you will be taught advanced energy healing techniques that include:

1. Accessing and using the five layers of energy that can be used to heal the body and energy system (Soul Energy, Power Energy, Soul Group Energy, Angelos® Energy, Essence of the Divine).
2. Utilising your intuition to assess and heal the energy system.
3. The most powerful way of healing on the earth: healing through INFORMATION. How to assess imbalances and heal them through the Morphogenetic Field.
4. Utilising Delphini® Symbols to correct physical imbalances and emotional issues, as well as the use of all symbols to do this. Participants will be guided to develop their own unique healing symbol.
5. Changing the beliefs that keep you stuck in the same old bad habits. Change your beliefs and you change your world!!!!

NOT TO BE MISSED WORKSHOP! At the completion of this workshop you will not only be able to contribute to incredible changes to your health and the health of family and friends, but to your emotional state too.

SUNDAY 13 SEPTEMBER 2009

HEALING POWER CENTRES OF THE BODY

The secret ancient knowledge of these power centres is crucial for human evolution and healing. Learn about how there are **12 power centres** of the body located within vital nerve centres of the body and how they are vital for good health and prosperity. We will cover each of the 12 power centres and how each can be used to not only transform your body but transform your mind and entire life. They can be used to manifest all that you wish to attract to your life! This workshop is based on ancient spiritual knowledge that is more than 2000 years old. You will LOVE this workshop!

OCTOBER 2009

DIVINE INSPIRATION

A one day workshop designed to share with you the formula used by Helen Paige to "trance" channel. Whilst you will not be expected to trance channel, Helen gently guides you through a process where you can speak directly to your Angels, Spirit Guides or loved ones any time you like. This is a gift like no other, for it allows you to tap into the Divine to access guidance and truth about yourself, and your journey.

You will learn:

1. How to channel in a written form
2. How to "raise your vibration" in order to contact Spirit
3. How to tap into your infinite intuition
4. How to integrate your lower and higher self so the guidance you receive is clearer and more specific
5. How to cleanse and protect yourself from lower energies, and other people's energies
6. How to keep yourself grounded

NOVEMBER 2009

BE DELICIOUS, BE DIVINE, BE FREE

365 Days of Weight Loss Enlightenment

This one day workshop is specifically based on Helen Paige's new book scheduled to be released later this year. Co-written with renowned Homeopath Susan Gianevsky, *Be Delicious, Be Divine, Be Free*, is all about weightloss without dieting. Eat whatever you like and still lose kilos easily and effortlessly.



ANGELOS INSTITUTE
of Holistic Healing

Based on the book which guides you through 365 valuable energy secrets to losing weight, this workshop will teach you all that you know to start feeling great about yourself and creating the YOU, you have always wanted to be. This all starts from the inside out. Facilitated by Susan and Helen, this workshop is more than just weightloss however - this is about being a NEW YOU: a you that feels that you are enough and re-instates trust in your body to be all that it can be! Be one of the first to experience this life changing workshop!!

DECEMBER 2009

GUARDIAN OF THE LIGHT

A "high energy vibration" comes from a healthy mind, body and spirit. Based on Helen's channelled book *Guardian of the Light* where spiritual masters and angels speak of "what is really involved in true healing occurs across all levels of your being", this event is an amazing opportunity for you to finally step into the life you deserve.

This workshop will offer powerful steps for self healing, remove obstacles towards finding your life purpose, teach you to manifest all that you desire, and reconnect you with "who" you really are.

All participants of this event will also receive a FREE COPY of the book *Guardian of the Light*, valued at \$24.95.

TO BOOK FOR ANY OF THESE WORKSHOPS VISIT THE WEBSITE AT:

http://www.medicalintuition.net.au/index.php?option=com_content&task=view&id=29&Itemid=45

3. CERTIFICATE IN MEDICAL INTUITION

Scheduled for September of this year is a Certificate of Medical Intuition, as an intensive one week program. As an introductory special, this training will be over six days at a special introductory cost of \$1,250. The Course will run from Monday 28th September until Sunday 4th October, with Saturday being a day off from the Course. Please ring 0439 710 740 to reserve your place. More details of this upcoming course will follow in subsequent newsletters, so stay tuned.

4. I would like to sincerely wish you all a wonderful week of growth and learning, and remember: Your thoughts and attitudes create what you receive in life, so stay positive and always know that you have everything you need inside you RIGHT NOW!!! You are not lacking in anything at all!!!!!!

Love and Peace

Helen Paige

CHANNELLED MESSAGE

MERLIN SPEAKS

Dear ones. Welcome, welcome, welcome! It is with great anticipation that I come on this eve to tell you of wonderful news. Yes, you heard correctly - wonderful news!! I have come to let you know that Earth is once again ascending, and all those that are destined, are ascending too. What do I mean by this? Well, even though Earth is undergoing great change and has been doing so for all of eternity really, over the next few months, the vibrational field of the Earth will be such that anything and everything you have all been desperately wanting in your lives - has the potential to come true, more than ever before. In other words manifesting will be on Earth as it is in Heaven - VIRTUALLY INSTANT!

*Now please, there are a few things I must qualify in saying this, and that is that some of you may still not get EVERYTHING you desire merely because you do not really desire it, and if you were to get it, you would be worse off than you are now. We will not break the laws of the Universe to satisfy your wills, but we will practically guarantee you that if you are **not** coming from a place of GREED, SELF CENTREDNESS, HASTE, and COMPETITION then all that you desire will easily come to you from **May** until the end of **June**. **Yes, it is true.***

If you are allowing the grace of God to act through you, then all you desire will be yours. This does not mean that if you desire wealth, then you will not have it, for indeed you can - but ask yourself do you desire it merely for the sake of it and to

give you worth, in which case your will is at play, or do you desire it for the love of creating it and using it for the greatest good. If you answered the second answer then you will attract it into your life during this period, and more!!

Use this time wisely therefore dear souls, and know that you are supported in all that you do and all that you are.

Go in Love and Sanctuary!
Yours in Service and in Faith,
Merlin

PRACTITIONER RECOMMENDATION

This month rather than recommending a practitioner as such, I wanted to highlight an amazing **Body Toning Studio** in Balwyn called **Trim 'n' Tone**. It is obvious as you step into this studio that the owner Lisa, is truly working from a place of inspiration!

This is a space where you can achieve your body toning and weight loss goals without strenuous exercise or calorie counting diets, but rather through the use of revolutionary equipment and medically certified devices, that give amazing results.

You owe it to yourself to get online and take a look around this amazing website and go in for an informal chat about how Lisa can meet your needs. She has helped so many men and women change how they look and feel about their bodies, and I felt it was important to let you all know how great an opportunity this is to support you through looking good as winter approaches!! Truly, the technology in there will blow you away!

Trim 'n' Tone also run the **Ultra Lite** Weight Loss system for those of you specifically wanting to lose weight. I personally am not into fad diets or meal replacement type approaches to weight loss, so would love to let you know about Ultra Lite which is a truly healthy approach to weight loss. The Ultra Lite program teaches you how to keep your weight off for life, whilst cooking your own healthy food using most things already found in your pantry. Most clients lose up to 3 kgs in the first week!!! (Wow, maybe I need to get on this program!! He he!) The Trim 'n' Tone studio offers a no obligation free consultation to discuss your needs as there are several programs available, so step out and into action TODAY!!

TRIM 'n' TONE BODY STUDIO

58 Whitehorse Road, Balwyn
PH: 9817 2912
Email: info@trimntone.com.au
WEB: www.trimntone.com.au

*"Decide from this moment forth, that when that little voice in your head starts yelling - **You're not good enough** - that you will respond to it every time with - **YES I AM!!!**" Helen Paige*

PLEASE FORWARD THIS EMAIL ON IF YOU THINK SOMEONE COULD BENEFIT FROM READING IT!!

PH: (03) 9375 3030 M: 0439 710 740
Email: info@medicalintuition.net.au
Website: www.medicalintuition.net.au