

Newsletter #4 By Helen Paige

MERRY CHRISTMAS

Wishing you all such a wonderful Christmas! Welcome to another of my newsletters. To all of the many new subscribers over the past few months, a warm welcome. I have been a bit remiss in sending out my newsletter during the past few months. My apologies for this. In part this has been because I have been so busy (like everyone else), especially with family, but also I feel the angels have been more low key lately too! I'm sure they have been busy balancing the Christmas energy of the Earth also.

What a wonderful time of year Christmas is, and for me it is a time to remember how abundantly lucky we are, no matter how much money we have, it is truly this time of year that helps us to remember that LOVE really is the bank book we need to keep an eye on. If our love 'bank book' is nice and high then we are truly blessed. Aim to keep the doom and gloom of the whole so called 'financial crisis' at bay by remembering that you are truly the creator of your world and your experience, and it is ultimately your reaction to the events in the world that create how you personally will make it through!

'GUARDIAN OF THE LIGHT' BOOK AND CD LAUNCH

Well my first ever book launch was held on Sunday 26th October at the Toni Carmine Salerno Gallery. The Gallery was an excellent location, with all 74 people managing to fit nicely. I would have to say on behalf of all that attended that it really was a fabulous occasion. Even though it was technically my book launch, it was really an event where everyone gathered to hear about the Six Steps to Abundant Health, and my first ever public channelling. Both of these will soon be posted on my website for all to enjoy! There were lots of wonderful give aways, and yummy free food. A special thank you to everyone that attended and to those that could not be there but sent their love and support. I think I will run more free events like this through out next year just for fun!! I tell you, if you could measure the positive vibration in the room on the day I think it was high enough to really heal the earth!!!

Pictures from the event can be seen at:

http://www.medicalintuition.net.au/index.php?option=com_content&task=view&id=35&Itemid=60

For those interested in reading about the new book, listening to a track from the CD or purchasing a copy of either, please visit:

www.medicalintuition.net.au

Online Shop:

http://www.medicalintuition.net.au/index.php?option=com_virtuemart&page



GUARDIAN OF THE LIGHT: A Transformational Journey of the Soul

NOW AVAILABLE FOR PURCHASE \$24.95

www.helenpaige.com



Guardian of the Light - Self Healing Meditations

NOW AVAILABLE FOR

=shop.browse&category_id=6&Itemid=51

or by telephone on (03) 9375 3030 or email info@medicalintuition.net.au

Congratulations to Karen Ayliffe and Susan Butrose for their lucky free purchases of the book and CD from the website!!!

BOOK & CD NOW AVAILABLE AT THE FOLLOWING BOOK STORES:

- * **Star & Moon**
10 Churchill Street
Mont Albert VIC 3127
- * **The Toni Carmine Salerno Gallery**
67 Glenferrie Road, Malvern
- * **Healing Within**
142 Puckle Street
Moonee Ponds

CONSULTATIONS

Consultations for 2009 will be from Saturday 7th February onwards. I am taking all of January off (indulgent, I know), and was meant to have December off too, but due to the demand I have ended up working - the 20th December was my last day. What is worse is that I lectured you all in my last newsletter about the importance of rest!! Well, who said I was perfect!

If something urgent arises for you, please endeavour to contact me and I will organise a telephone healing. Speaking of telephone healings, many people ask whether they are just as effective as in person readings or healings. In my opinion, channellings are divine in person because it is not just the message which is relevant, but the energy of the "being" speaking is so healing and balancing that its most important to be present with them.

With healings or medical intuitive assessments however, I personally believe telephone consultations are better. They are more effective, more succinct and every single person I have treated in this way has been 100% happy with how they feel at the end. Ultimately no one gets off the phone unless they are feeling lighter, calmer and freer. Also in person there is an enormous exchange of energy and lots of niceties that are put on when meeting someone for the first time, and people can often unconsciously block their healings. This does not often happen on the phone because there is not as much discomfort working with someone you don't know through the telephone. This year, my telephone work has expanded to include working with clients in England, Bali, Greece and Interstate here in Australia. I think eventually healing will see its future in the profound effects of working in this way.

Truly I thank you all for sharing some part of your journey with me in 2008, and allowing me to be part of your lives, and I wish you a bountiful Christmas and peaceful transition to 2009.

Until next month...

Love, Peace and Blessings

**PURCHASE
\$29.95**

**BUY BOTH
FOR \$47**

Helen Paige

CHANNELLED MESSAGE

This months channelled message is an excerpt from the book Guardian of the Light. Each chapter guides you on the journey of healing, and concludes with a meditation which guides your process on this path.

Archangel Michael speaks...

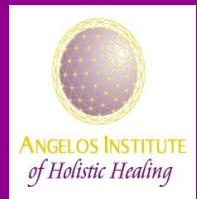
ILLUSIONS

Welcome *Guardians of the Light*. It is with great joy that I welcome you amongst us, for the path you have walked thus far has brought you closer to us angels than ever before. As you travel this path, as you take on board the learning's that we lovingly give you, you transform yourself, your life and all those around you.

I have come to speak to you on this day of your lower and higher self. It is interesting that we use this terminology to begin with for lower and higher is to proclaim that as you are, you are not perfect in every way. What is this lower and higher self that you are always being told about? Of course they are merely illusions, but I will explain what I mean by this. I will also explain why even though they are illusions, their distinctions are useful.

THE LOWER SELF

The lower self is the Earth and your existence upon it. To live as a human being or any other living being on the Earth means that you need to be connected not only to the Earth, but to all other humans, all other living beings, animals, plants - to everything. To have this connection, means to accept that there is no judgement. Judgement takes you further away from all those that you are a part of - fellow man. The lower self also demands that you be your true self, and your true self is much softer than the self that you show. Your true self is like an innocent child that just wants to play, have fun, enjoy life and be in constant bliss.



The lower self is Mother Earth, but remember the division between yourself and that which you call the lower self is an illusion. This means there is no division. There is truly no lower self. There is only your one self. *The division is placed there because you feel separate.* It is this that I have come to help you with. The meditation provided later in this chapter is to help you to break the confines of separation so that you are one. It may need to be done several times. It does work, of this I assure you.

It is also in the lower self that man has created the things Mother Mary discussed with you previously - the ego, darkness, separation, disconnection from love. It is not that the Earth vibrates any lower than the rest of the Universe. It is only through the disconnection that you yourself vibrate less than is possible and less than your right. The Earth and its inhabitants are perfect in every way. It was created so. It was created so that there is harmony, peace, cooperation. It is the destiny of the Earth and therefore the destiny of the human consciousness as a collective force to break through this barrier to create complete peace on Earth. It is this that you will all proceed to. It is this that is your destiny and your birthright. It is this that you have ultimately come to Earth to achieve.

Why is it, that at this time in humanity, more and more of you are turning to the light, understanding that you are guardians of it (the light) - that you have come to spread it, to be it, to teach it? There are more teachers on the Earth of this nature, than ever before. Why is this so? Light has the ability to go and to be wherever it needs to, at any given moment in time. Light knows everything. It knows when it is needed.

In the beginning, when man walked the Earth, they were child like. They remembered what they came for. They remembered that they came to play, to have fun, to enjoy themselves, and in so doing they would ultimately have fulfilled their purpose in having come. In the separation process that occurred between all living things and Mother Earth, the human mind decided that to play was unnecessary. It needed to grow up and change things. Much of this has come through judgement. Judgement is simply an effect of being separate from the Earth. Remember, in being separate from the Earth you are separate

from all others.

To re-join to your lower self is to re-join all other people and accept that every single thing that is done by any other person reflects upon you. It is not enough if you do all the things that you see as being full of virtue, love and peace, and help yourself only. If the person who lives next door to you does harm, this is a reflection upon yourself. As this understanding is growing many more teachers have come to the Earth understanding that they are *Guardians of the Light* who can assist others to move forward. As they do this they are releasing themselves. They are releasing every part of the entire Universe and cosmos. They are releasing everything that exists everywhere, to change and to shift. To give to others in this way, is ultimately to give back to you.

THE HIGHER SELF

The higher self therefore is everything else in the Universe. It is all things. The higher self goes on into infinity, for the higher self is God and everything that comes from God. Again, to understand this disconnection one only needs to re-connect with love. Disconnecting from love has created the separation within yourself, from each other, and from your higher self. Yet you will say "But I have done the first meditations, and still I do not feel connected". In some ways it is to train you to re-connect, for you have forgotten how to be connected. You have forgotten how to live with no division between your lower self and higher self. You have forgotten how to simply be 'one' with all that is.

The higher self is beauty; the higher self is the moon and the stars, the planets, and all the different places that exist as pockets in time. All the different dimensions, all the different souls – EVERYTHING AND EVERYONE, and of course therefore, *the higher self is God*. What do you need to do or understand to have this become a part of you again? This is regarding a matter called faith. For it is faith that you have lost, nothing more and nothing less. It is only faith. With faith you open your ears, your eyes, all of your senses, all of your perceptions to receive guidance. Where does guidance come from? Does it come from angels, from your spirit guides? It needs to come from you, for you are the

angels and the spirit guides. You are but one....

RECOMMENDED READING

The last newsletters featured book was

**THE KEY TO SELF-LIBERATION: 1000 Diseases and their Psychological Origins
by Christiane Beerlandt**

Several people expressed their interest in obtaining a copy. I wanted to let you all know that I saw several copies of this book (which is difficult to find) at the Theosophical Society Bookshop in Russell Street, in the City.

This months featured book is:

THE MASTERY CLUB By Liliane Grace.

What a great book! I only finished reading this book the other day. This book is written as a fiction book about a group of friends that create a Mastery Club in order to change their lives. It encompasses 10 principles of how to master yourself and manifest anything that you desire in your life. It draws upon the wisdom of the law of attraction and many other universal principles for living. I think this book is aimed at young people and teenagers (who I would imagine would love and relate to this story), but it really is a book for all ages.

A paragraph on the back of the book reads:

"Natalie's friends, Billy, Clare and Sandy, join the Mastery Club too and together they learn about the nature of reality and their divine potential. They are introduced to powerful tools like creative visualisation, affirmations and treasure maps, as one by one they find a goal or challenge to undertake - everything from passing maths tests to creating a family holiday in the Greel Islands."

This book for me is a simple way to understand and really use the things we have learnt and are still learning through more complex books or self help seminars. Also the writer, Liliane Grace, is based in Melbourne, so it's wonderful to connect to such local talent and support each other in this way. Buy yourself or your children a copy today!!!!!!

www.themasteryclub.com.au

PRACTITIONER RECOMMENDATION

This months practitioner recommendation is:

Julianne Aloe
Eagle Medicine
Level 3
*Suite 305A
480 Collins Street
Melbourne 3000
(03) 8610 6848
0423 979 926*

Julianne is a Kinesiologist, and it is my opinion that you should always have a kinesiologist in your "health" contact list of useful practitioners because they know

so much, and can do so much for people across the mind, body and spiritual spectrums. I was lucky enough to come across Julianne later this year, and she also offers RETREATS, which I know many of my clients have been asking me about, so jump onto her website and have a look around!!

www.eaglemedicine.com.au

Kinesiology can help to treat headaches, backpain, depression, stress, anxiety, digestive problems, stomach pain, addictions and more. In one session of kinesiology you can experience a whole range of services like acupressure, reflexology, flower essence therapy, sound therapy, counselling, five element chinese therapy, emotional freedom technique and meditation. What a great way to start 2009!!!!

UPCOMING HEALING WORKSHOPS

The timetable of workshops for 2009 will be released in my next newsletter. I didn't want to strain you with this info at Christmas time. Christmas is a time for fun and relaxing. Stay tuned...

Please call me on (03) 9375 3030 or visit <http://www.medicalintuition.net.au/certificate.html> for more information or a booking form.

"To heal thyself, one must truly pour unconditional love upon one's most difficult aspects. This is the path of least resistance and the only true path to healing."
Mary Magdalene

PH: (03) 9375 3030 **M:** 0439 710 740

Email: info@medicalintuition.net.au

Website: www.medicalintuition.net.au

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