

Hold the vision...

From Carole Easton at
**THE HOLISTIC HEALING CENTRE
LYNDEN HILL CLINIC**

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MAY YOU ALWAYS KNOW PEACE AND THE JOY OF UNCONDITIONAL LOVE

**Creating Peace On Earth Begins With Us
Take Responsibility, Remember We Create Our Own Reality
Life Is A Reflection Of Ourselves**



Remember, to be at peace whilst chaos reigns, we must first heal our unresolved issues so we may come home to our original Peace. Healing our little child within is essential, acknowledging and expressing our past pain and releasing on a cellular level leads to the greatest healing energy LOVE. Then when we reach that part in ourselves that knows, it is just the way things are, THEN WE FIND PEACE. Become again who you truly are and radiate love and peace wherever you go. The more people who do this, the higher we raise the vibrational frequencies of Mother earth and radiate this higher energy out to the Universe enabling us all, in divine time, to ascend into a higher dimension.

How can there be world peace if we do not find it within ourselves first? Take responsibility, start by looking at your world and being grateful for everything in it. Remember, life is an illusion and your perception may not be the same as someone else's; especially if you are filled with Reiki energy. Because of this you stand a much better chance of understanding what is really going on in the world, but you need to continue to raise your frequencies and as you do so the veils of illusion will drop away. Your comprehension will continue to expand rapidly and you will find yourself in a very different reality from that which you originally believed.

The Serenity Prayer

God, grant us the Serenity to accept the things we cannot change,
The courage to change the things we can,
And the wisdom to know the difference.

You can choose ~ to stay stuck in the energy of where you are now, or to move forward and seek the truth of your existence.

Where do you find this information? It is all within you. As you continue to raise your vibrations you expand your comprehension and things you found difficult to understand or believe, suddenly make sense. I know, I have been there many times ~ going to any lengths, attending workshops, meeting amazing healers and each time opening up to higher levels, to plateau for a while, and then knowing it is time to move on.

Changing lifestyles, eating habits, detoxing, attending spiritual retreats and going to well known power spots on the planet, and so on and so on!!

Until eventually it was time to work with others to assist them in raising their frequencies. This was not done lightly, it took years of training in the field of Counselling and Rebirthing.

I knew before I started my training the importance of releasing the past before we can move on..... and this has to be on a cellular level ~ it is not a mind thing and this is where rebirthing, (conscious connected breathing) comes in. It is the most powerful and quickest way of releasing the past and raising your frequencies.

One of the wonderful things about rebirthing is that when you are working on a cellular level, you are only dealing with the truth, you can only feel what is really there and release it. It is your truth and once you have released it, it has gone forever ~ you remember with your mind, but it no longer affects you emotionally, it no longer has any power over you..... you are free.

Obviously, there is far more to the sessions than just that, I do not work alone and have tremendous spiritual guidance with each person. Since my training fifteen years ago it has evolved over the years especially since I have been working with Reiki.

Reiki has been the most wonderful gift in my life, it has accelerated my development and work in every way. Each time you are initiated, Reiki I, Reiki II, Reiki Masters your frequencies, which affects and expands your comprehension take a huge lift ~ especially Masters. I remember when I took my Masters it took me a year to get used to the energy, before I gave my first workshop.

That was a long time ago and since then the planet (Mother Earth) continues to raise her vibrational frequencies tremendously and this affects us all as any unresolved issues start surfacing. The good news is that the rebirthing process is far more powerful and quicker than ever before.

Reiki attunements are also more powerful and so is your Reiki.

Life is not about struggling, just "getting on with it" ignoring all the signs and repressing emotions.

It is about looking at your own reality being aware of your recurring patterns and negative subconscious belief systems~ being prepared to change~ Surrender/Let Go~

Life is a Mirror

Remember, life is a mirror and no matter how hard we find this to believe, we are all one, so what is happening over the other side of the world is still a part of us.

Imagine looking in a mirror, your reflection cannot change unless you do.

Remember the "Oneness" meditation on the Sunday in your Reiki workshop? For example if you take a drop of water out of the ocean, it becomes a single droplet, but it is still part of the whole ocean, put it back in and it becomes the ocean again. A powerful beautiful energy.

Please do not be a droplet that forgets, remember we are all one consciousness, so imagine your consciousness looking at the world ~ your mirror. If you change, so will the world.

Imagine one person/droplet takes responsibility and raises their frequencies, then shares this information with ten others, who in turn raise their frequencies and share this information with ten others and so on. In a very short space of time millions will have raised their frequencies. Imagine one million sharing with ten others ~ the world could change very quickly.

Mother Earth and Humanity need all the help they can get to move through what is happening and you can make a difference
HOW? By raising your own vibrational frequencies

By clearing your unresolved issues so that anything that is affecting or could affect you, no longer has power to do so, loving yourself 100%, more attunements into higher levels of Reiki.

This enables you to stay calm and centred regardless of the chaos that may surround you and wherever you go you take Love and Peace with you.

Surrender

Imagine if enough people were to SURRENDER to their feelings, let go, and become Peace and Love. Then the mirror they are holding up to the rest of the world would be a wonderful reflection ~ sometimes surrender is the only answer, from that comes Peace.....and..... Love.

"Is all this really possible?" you may ask yourself..... YES! it is.

The wonderful thing is, you do not have to do this alone. If you feel you are at this stage in your life, or ready to begin this process ~ know that you can do this in the wonderfully loving, safe environment at Lynden Hill Clinic.

What is Love?

♥Love is a vibrational Frequency

♥Love is who you truly are.....

♥There is only Love, anything that is not love is just a distortion of Love ♥

♥Love is the most powerful energy in the universe

Money Is Love

Some people may allow money to hold them back from obtaining the love and peace they would wish for in their lives.

This in itself needs healing.

Remember money is energy ~ energy is love. Look at your relationship with money and where this stems from..... usually your experiences of your parents and your childhood.

This is addressed in Reiki II and Reiki Masters workshops.

There is only one way to have a relationship in life and that is a loving one ~ with all that exists..... Beginning with the most important person in your life ~ YOURSELF!!!

Love Your Self 100%

Reclaim your Power And hold the World Vision Workshop

CONSPIRACY THEORIES – TRUE OR FALSE?

Spiritual development raises our vibrational frequencies which is also triggering our soul energy memories so we can experience our true knowledge. This is not knowledge we learn it is knowledge we know. So take a fresh look at some of the conspiracy theories and you will see they are actually happening now – What does all this mean? – How can we stop this? – Did we wake up too late? – Is it too late?

These feelings of doom and gloom can swamp through the body lowering the vibrational frequencies and anchoring us subconsciously into the fear grid along with the mass population and thereby assisting in creating it.

LEARNING HOW TO TIME TRAVEL USING CONSCIOUS CONNECTED BREATHING YOU MAY:

Clear lower vibrational frequencies from the past on a cellular level

Identify your own core issues of fear and control and
release them on a cellular level

Connect lovingly and heal the inner child

Remember who you truly are
