



## *ANGELS EMBRACE LTD.*

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### *October 2011*

*October is a month of gratitude and giving thanks for everything and everyone in our life. We are here and having this great experience – at times it can be difficult but remember the beauty of life – those wonderful moments that make us smile or laugh. That is what we live for.*

**“God gave you  
a gift of 86,400  
seconds today.  
Have you used  
one to say  
"thank you?"**

~William A. Ward



## A Note from Debbie

***“To think too long about doing a thing, often becomes its undoing.”*** ~Author Unknown

First I would like to apologize to all our customers/friends out there, the quality of service in the shop has not been up to our standards. I personally have been going through many changes and thought it would be best to step back as to not bring my heavy energy to the shop. By stepping back though I think I created a ‘black hole’ which has not been good for the shop. And my right hand person, Janine, had a baby in July so she also took a step back. We are happy to announce that we are both returning (not full time) but we are managing the shop and readers full time.

Having said that I would like to welcome new staff members; Sandra (though she has been here for a few months), Tammy and Nadine. We have also brought in new readers; Rietta, Christina, and Sandra. Janine, Shahanna and myself are also returning as readers.

Change does take time, but we hope that we can return the energy in the shop to that healing spot where you are able to come in and receive assistance if needed, or just to relax. We will add more workshops and bring in a variety of special guests. I again apologize and hope you give us a second chance.

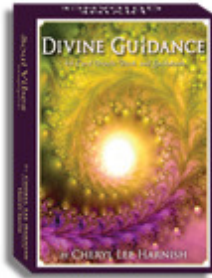
I sometimes get asked why do some of things I say in readings come to be and others don't. Usually my answer is that the timing is off because of fear or not believing. If I said you were going to start a business, but you fear you don't have any money – it will be delayed until you are ready to move forward. If I tell you there is a new job coming – but you don't put out your resume out how is the Universe to know you really want to change jobs. Sometimes our fear is so over powering; we are like deer in headlights – we freeze, not moving. If I said you are going to meet someone new; but you sit on your couch how are you going to meet him? My favorite one is if I told you that you were going to write a book, if you don't sit down and do it; it is not going to type itself. Each reading and timing is based on your readiness and belief in yourself. When I read you I believe you can move forward and so does the Universe; and I also believe you deserve these wonderful changes – if you don't then the changes won't happen until you believe in yourself also.

Every change requires a little bit of effort; starting a business, finding a new job, having new romance, writing a book. Sometimes we look at the end result instead of the small steps to get there – and we feel we can't do this. We get overwhelmed. We are never given more than we can handle. Remember life is one step at a time – and you are incredible, you can do anything!! If I believe in you – why can't you?

# *Card of the Month*

## *From Divine Guidance*

*by Cheryl Lee Harnish*



### **# 35 CELEBRATION**

***“It is time to take off your work hat and let your hair down. It’s time to go have fun! Sing, dance, play and be wild—really let yourself loose. Let go of the stresses of your daily life for just a little while and get out and enjoy yourself like you used to before you grew-up. Your heart needs this, your mind needs this, and most importantly, your spirit needs this. Get out there and celebrate life, celebrate pleasure and celebrate being YOU!”***

This card is a great reminder that sometimes we take our life too serious. We are so busy with family, friends and work that we forget about us. It is almost like we feel we are not allowed to take some time for ourselves. How many times have you given that advice to a friend; “You need some you time.” So why don’t we ever follow that same advice?

Take a long hot bath, listen to music and enjoy – even if you have to play your music real loud so as not to hear the banging on the door. Turn your cell phone off for one night – I always believe it is important they will call again. Take a walk by yourself or with a friend and don’t feel like you have to talk about problems – talk about something joyful.

With Thanksgiving coming soon, don’t spend all your time in the kitchen – there are many shortcuts available and really you are the only one that has to know. We don’t know what tomorrow will bring, so enjoy the moment and have fun. By doing that, you bring abundance to your life because now you are sending out joy and receiving joy back. If you feel stressed that is what you are sending and receiving.

Have fun this month; this is the only October 2011 that you will ever live – so don’t let it pass you by.

# *Crystal of the Month*

## *Lapis Lazuli*



### **“The Stone Friendship and Truth.”**

- Lapis is great for spiritual development; helps connects us with our higher self and spirit guides.
- Brings mental clarity and emotional healing; and enhances judgment and wisdom. It is a great crystal to use in meditation.
- Brings harmony in relationships.
- Allows the wearer to speak their truth.
- Very powerful stone and should be used with care. It has the ability to open the charka centers.
- Can be used for channeling.
- It can purify the soul and thoughts.
- Can be used for public speaking, to gain confidence and the ability to know what to say. Remember it is a stone of truth so what you say has to be truthful.
- It is a stone of protection for both the physical danger and psychic attacks.
- Use for positive manifestation.



## *Messages from the Otherside*

The first name is for who the message is for. Hopefully I can clearly pick up a name of who it is for and who it is from. Some spirits will just say Mom, not realizing there are several Moms out there.

Paul: I am in a great place now. I love you with all my heart and soul. The day we went camping was the best day I ever lived. Now it is your turn to live again. Love always, Helen.

Seral??: Remember that last vacation we took, and we watched the moon and just sat. When you are sad just look at the moon and know that I am always near. Love Evelyn.

Anna: For the little girl I left behind. I send you flowers every day, like the one on the wall. Though I am not there physically; I see the wonderful things you do every day. I am so proud of you. All my heart, Mom.

Tommy: We had a blast; but we both knew it had to end someday. Funny I never thought it would end that way or so fast. I thought I had more time. Don't blame yourself I did it to myself. I didn't have to get in the car, but you probably play that night over and over again. Stop it, everything is how it should be. I am still watching your back. Greg.

Henry: There is so much we never did; we wasted our time on waiting for that perfect moment. Now I know every moment was perfect with. Enjoy your life, don't wait for the perfect moment – because really the perfect time is now. Elsie.

Joe: You brought happiness to my life, joy I had never thought existed. I am sorry I had to leave too soon. And forgive for the burden I left you. I will always feel gratitude for the love you gave me. Let someone bring that joy to you now. Carmel.

Dorothy: You need to finish what we started. I know it pains you but I will be there helping you with what you need. This project started in love and will end in love. You were my best friend, lover and confidant. With you at my side I felt I could do anything. Michelle

## *Messages from Spirit Animals*

### ***PORCUPINE***

Porcupine energy symbolizes child-like innocence, faith and trust.

Porcupine may be asking you to let go of the seriousness and chaos of the adult world and to allow an attitude of playfulness to prevail.

The porcupine is a symbol meaning protection from both near and far.

This is due to the porcupines ability to sting those who attack it directly with its quills and also the belief that they to shoot quills at those who are far away, which isn't true.



### ***WHEN YOU SEE A PORCUPINE***

- ❖ Think before you speak. Your words can hurt.
- ❖ You are protected but try not to wound others with your words.
- ❖ It is time to let go of the past hurt, forgive and forget.
- ❖ You are a wonderful and beautiful person, let others see who you are.
- ❖ Trust that you are protected; there is no need not to trust some people. If you have been hurt in the past, doesn't mean it will happen again.
- ❖ Go and have fun, it is time to relax and enjoy the efforts of your hard work.



## *Workshops for October 2011*

We have so many great workshops coming this Fall – too many to list on this page. Please go to our website or drop in the shop and get a brochure.

<b>Mini Sound Healing</b>	<b>Saturday October 1</b>
<b>Energy Clearing</b>	<b>Friday October 14</b>
<b>Mini Spirit Readings</b>	<b>Saturday October 15</b>
<b>Meet Your Spirit Guide</b>	<b>Tuesday October 18</b>
<b>Intro to Birth Totem</b>	<b>Thursday October 20</b>
<b>Aromatherapy &amp; Chakras</b>	<b>Saturday October 22</b>
<b>Reiki Share</b>	<b>Monday October 24</b>
<b>New Moon Meditation</b>	<b>Wednesday October 26</b>



For more information on these or other workshops please visit our website [www.angels-embrace.ca](http://www.angels-embrace.ca) or call us at 403-982-3003

*We are looking for part time staff members and readers. If you are interested please contact Janine at [patterson\\_janine@yahoo.ca](mailto:patterson_janine@yahoo.ca)*