



ANGELS EMBRACE LTD.

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September 2011

This is a good month for moving forward, as summer comes to a close on the 23rd we start making plans for the fall. This year is about change, some big, some little; but all take us at least one step forward on our journey. Be brave and believe in yourself. You have the power to become who you want to be, don't get caught up in negative thinking. Believe in yourself.

*“It is not
important
what you
believe, only
that you
believe.”*

Unknown



A Note from Debbie

“It's not who you are that holds you back, it's who you think you're not.” ~Author Unknown

September is always a busy month, getting the kids back to school, organized sports, dance and music lessons, the list sometimes seems endless. We sometimes over extend ourselves because we forget to take care of ourselves. Our meditation routine is put on the shelve and we promise to do it next month. For some reason some of us have a hard time putting our needs before others, even friends come before us. In order to manifest your dreams you need clear and positive thoughts. When we are tired we become hard on ourselves, the mind chatter is increased with negative thoughts.

September 23rd we welcome Fall. Fall is about giving thanks and saying goodbye. Before we can bring in the new we must let some things go. If your house is cluttered spend the next few months clearing. It is only stuff, remember it feels great to want it, gives us pleasure when we possess it, but then the joy turns to finding something else to want. You can clear your mind by putting yourself first sometimes. Allow that quiet time when you can just sit and relax. You don't need to meditate, just relax and breathe, enjoy the moment. Don't think about what has to be done, just sit and breathe – that is meditating. Take a walk and enjoy the crisp Fall days. Listen to the river and watch as it flows by. Put yourself first at least once a month; and remember the world will not end; people will not hate you; if once in awhile you say “NO.”

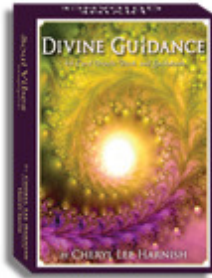
A few of my predictions for the remainder of 2011:

1. Flames will make a major trade, removing a well known and loved player. There is going to be a shakeup in the management group (Ken King).
2. The Alberta Tory leadership race will be a snoozer (and you don't need to be a psychic to predict that), and it will be a well known leader to win. I can see him, I believe it is Ted. Sorry I haven't really been following the race.
3. Not that I like to predict the death of a physical person, there will be a death that the world will mourn – probably in October. It will be a well known celebrity.
4. There will be a lot of endings in the next few months, but please remember every time there is an ending, there is a beginning.
5. I don't see the Stamps winning the Grey Cup, I apologize I am not a huge football fan, but when I think about the Grey Cup all I see is Green – not Red.

Card of the Month

From Divine Guidance

by Cheryl Lee Harnish



25 Cellular Healing

“Each cell within our body is a unique individual organism and each cell has memory. This card has been drawn because there are changes taking place on a cellular level. The vibrant green energy surrounding the cell in the image denotes healing; either of a physical or energetic nature. If it is on an energetic level the healing energy moving through you is helping to release old cellular memories that your body is holding. On the physical level, you can expect to feel more energized and renewed as your body returns to its natural state of health.”

This is such a great card for this month. It is about letting go, releasing all those bad memories that play havoc on our mind chatter. “I am so stupid.” “All I do is make mistakes.” As we release and heal this energy in our body we allow for new more positive thoughts to enter into our mind.

A friend of mine moved states a couple of years back, but she kept the same phone number. She didn’t see the connections of her old thoughts and patterns until she decided to change her number. She felt a load had been lifted from her shoulders. When she would call she would indicate that those patterns kept following her, (jealousy, insecurities) and I kept telling her she was holding onto the past. Neither one of us clued in that it was her cell number. A simple change made a huge difference. This could be an old contact on facebook, an old number in your cellphone memory, a keepsake, etc. Ask yourself why you are holding onto something that may bring back bad memories and is a reminder of a lesson you already learned.

As for those memories that pop up every once in awhile, release them. As they come up say; “Yes maybe that wasn’t the wisest choice, but I have forgiven the person and I forgive myself.” You say that often enough the memory will be released.

Crystal of the Month

Shungite



“The stone of miracles.”

- Shungite exhibits unique shielding effect for harmful electromagnetic radiation of any origin like computers, microwave ovens, TV sets, mobile phones and others.
- Shungite heals, saves, cleans, improves, protects, neutralizes and regenerates.
- It eliminates and absorbs all that imposes a hazard on people and animals.
- Restores all that is helpful for a person.
- Shields electromagnetic radiation of high and ultrahigh frequency.
- Helps for headaches, stomachaches, pain, spots on skin, aches in a back and others.
- It can protect people from negative influence, is a guard against the “evil eye.”
- It can purify water, and is believed to have healing properties when infused with water. Place the crystal in the water for 48 hours.
- The pyramid has a health-improving influence upon human organism (relieves the stress, smoothes down headache and insomnia, boosts energy and overall tonus).



Messages from the Otherside

This section is new. I have many visitors from the other side that would like to get their message through to a loved one. I can't pick and choose who will come through – this will be a free for all. This might not even involve people around this area, but I am sure somehow the message will get to whoever needs to read it.

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.

Lisa: You are the love of my life. You were there for me when I really needed you. You are stronger than you think. Move forward you will make the right decisions if you follow your heart. Do not think that your actions would ever betray me or lessen the way I feel about you. You have a whole new life to live, don't waste it on my memories.

Mom: This is from a small boy around six, name starts with D; David, Dave, Danny. He was taken suddenly, but I feel he had a hard time breathing. Can't tell if it was because of his death or just that he had asthma. Mom I see you in my bedroom crying and holding my shirt, I know the smell is almost gone but I am always with you. I am with Grandma now, please don't be sad anymore. He is also showing me a Teddy Bear that his mother is holding tightly – it is time to be happy again. Love you always.

Tom: We had our ups and downs, but in the end you were always there for me. Somehow there seems to be lingering guilt, there is no need for that. I could not have made it through the last few years without you, and for that I am forever grateful. You never once declined my wishes, even though I know at times you disagreed. Thank you for being there. It is time you lived your life to the fullest, I see the love you have in your heart for me, don't let that hinder what you want to do. I only want to see you happy, I am at peace hopefully you can find that also here on earth.

Cindy: Derek is at peace finally. There was nothing you could have done or changed to have a different outcome. This was meant the way it happened. Be happy and I love you always. I will watch over you, let go of the pain you are missing life.

Messages from Spirit Animals

COUGAR

A cougar portrays leadership, power, decisiveness, speed, grace and mystery. A cougar teaches us to balance our power knowing when to act and when to be still, retreating to return to the hunt later; when to assert ourselves, and when we make a decision it gives us the courage to leap; the ability to respond to a challenge, also knowing what is a true challenge and what is ego (unnecessary). When you feel insecure remember the power within, believe you have the necessary abilities to move forward and do not become what others think you are. Be true to yourself.



WHEN YOU SEE A COUGAR

- ❖ You may feel that you have reached an impasse on a situation or problem; it is time to rest, remove yourself from the situation and return to it later recharged with a new outlook.
- ❖ Notice how your words and actions may be effecting others. Are you speaking too sharply? Practice claiming your power while respecting others. Practice softening the tone of your voice and using words to more accurately reflect what you are try to communicate.
- ❖ Time to find the courage within yourself and move forward.
- ❖ Take control of your life, you have allowed others to influence your decisions.
- ❖ Be patient with yourself and the situation, look around you and see all side of the problem. Don't be blinded by what is in front of you when there is something behind you.



Workshops for September 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.

2 for 1 Readings	Saturday September 10
How to Meditate	Thursday September 15
Mini Spirit Readings	Friday September 16
Healing Circle	Friday September 16
Aromatherapy 102	Saturday September 17
Meet Your Spirit Guide	Tuesday September 20
Free 15 Minute Angel/	Friday & Saturday September
	23 & 24
New Moon Meditation	Monday September 27



For more information on these or other workshops please visit our website www.angels-embrace.ca or call us at 403-982-3003