

The Psychic News N.Z. Christmas 2020



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*From our family here at the
Psychic News
we wish you all a very merry, safe
Christmas
and a happy, peaceful, prosperous
2021*

Apologies for the lateness with this issue. With such a challenging year for everyone, us included, elements of publication were beyond our control. However, here is the last issue for 2020! Thank you for your understanding and patience.

We are taking an extended break this year as we all need rest and revitalisation. Our next publication will be March - April 2021.

May all your Christmas Wishes come true!

*In love and light
Eunice, Anita, Rhoda, Thomas, Derek,
Shelley, Shakira, Gwen, all of our guest
contributors and our Spiritual Teams xxx*

Floriography



By Eunice Stott

Lovers have always known that:-

*Love is a secret source that tells another person they matter.
Love is the secret source that tells another person that you care.
Love is the secret source that calms the mind and expands the heart.
Love is the secret source that tells you are safe in the world.*

*Love – in pure form – is not an emotion that comes and goes.
Love – in pure form – is a vibration that resides within you.*

*Spirit knows that :-
A flower is not a flower alone; a thousand thoughts invest it.*

Love and thoughts can be used as a conscious energy transfer through time and space to communicate with those we miss and love so deeply yet so sadly [we feel] in the moment, we have lost forever. In reply, our loved ones have a variety of ways to contact us, be it through dreams, a song on the radio, a gentle touch, yet for whatever reason, whether through grief or unawareness, we often miss those messages. So spirit, being ever creative, found another way of passing messages from those who have crossed over by using Floriography, a cryptological communication through the use or arrangement of flowers.

Meaning has been attributed to flowers for thousands of years, and some form of floriography has been practiced in traditional cultures throughout Europe, Asia, and Africa. Plants and flowers are used as symbols in the Hebrew Bible, particularly of love and lovers in the Song of Songs, as an emblem for the Israelite people and for the coming Messiah. In Western culture, William Shakespeare ascribed emblematic meanings to flowers, especially in Hamlet, Prince of Denmark. Similarly, in a

scene in his Henry VI, Part 1, English noblemen pick either red or white roses to symbolise their allegiance to the Houses of Lancaster or York.

The iris is represented in Greek mythology. Iris was the goddess of the rainbow and a messenger for Zeus and Hera, and many believe that the flower is named after her. She carried messages from heaven to earth on the arc of the rainbow, and was a companion to female souls on the way to heaven. To this day, Greeks plant purple irises on women's graves so that Iris will guide them to their resting place in heaven. The iris commonly means wisdom, hope, trust, and valour. During 1600 BC irises were introduced to Egypt from Syria, and stylised versions of these flowers began to decorate the sceptres of pharaohs as representations of victory and power. The iris inspired the fleur-de-lis, a decorative symbol used by French royalty. Originating in the Middle Ages. During this time the fleur-de-lis became tied to the French Monarchy and appeared on their coat of arms, coins, and shields.



If a suitor, in days gone by sent his declaration of love through a tussie-mussie (a Victorian term for a posy of flowers and a popular fashion accessory) to his beloved, where she chose to wear it on her person gave him a clear indication of her feelings towards his amorous advances. If she pinned it to her 'cleavage of bosom', that would be bad news for him, since that signified friendship. But, if she pinned it over her heart, 'That was an unambiguous declaration of love'!

I know from experience that Spirit uses flowers to express their feelings or send an important message to us through the veil. A few years ago when in our local supermarket, I noticed an elderly lady slightly ahead of me in the aisle. She looked a little sad and lost then the thought came to me that she had lost her husband. Next thing there he was standing next to me, asking me to tell her that he loved her! I was a little taken aback. I could feel the love from him and loneliness and sadness engulfing her. Her husband followed me as I explained I couldn't just go up to her and say " Your husband is here and is sending his love" as the shock may be too great. The last thing we needed was her passing out between the frozen chickens and the confectionary aisles! We needed a plan. I asked him what would remind her of him, so she would know he was near. He thought for a minute, then he brightened and smiled. "Roses" he said. "Point out some roses, then she'll know it's me." So, I spent the next fifteen minutes trailing this elderly lady around the supermarket until she headed to the checkout, where I knew she would have to pass the flowers at the entry/exit point. I ran up a different aisle so that at the end as I turned left, the lady would be coming towards me in front of the flower display. Right on cue I commented to her as our trolleys passed each other " Oh, aren't those roses beautiful?!" She looked at me and then followed my eye line. Her face softened as she smiled and replied " My husband loved roses." " Do you think they are a message from him?" I asked. " Yes, I do" she replied "It would have been our wedding anniversary today. I think I'll buy myself a bunch". As she trundled away I heard a whispered "Thank you." I've listed some flowers with their corresponding meanings below to get you thinking about the secret message your loved one is sending you.

- *Apple Blossom - I prefer you before all*
- *Baby's Breath - Undying love*
- *Bluebells - Constancy and everlasting love*
- *Canterberry Bell - Your Letter Received*
- *Carnation - Red My heart aches for you*
- *Cornflower - Be gentle with me*
- *Convulvicious - Tender Love*
- *Daisy - I love you truly, innocence*
- *Daffodils - New beginnings, chivalry*
- *Dahlia - Kindness*
- *Freesia - Trust, friendship*
- *Fuchsia Red - I like your taste*
- *Gentian - Gratitude*
- *Geranium - Sincerity*
- *Gerbera Daisy - Innocence, cheerfulness, joy*
- *Heather - Solitude*
- *Honeysuckle - Devoted affection*
- *Nyacinth - Your loveliness charms me*
- *Iris:-*
- *Purple - Royalty and wisdom*
- *Yellow - Passion*
- *Blue - Faith and hope*
- *White - Purity*
- *Jasmine - Faithfulness*
- *Lavender - Elegance, serenity*
- *Lilacs - First emotions of love*
- *Calla Lily - Devotion, marital bliss*
- *Lily of the valley - Return of happiness, sensitiveness*
- *Marigold - Protection*
- *Narcissus - Pride*
- *Nettle - Defiance*
- *Pansy Blue - Messenger of love*
- *Pansy Yellow - Thinking of you*
- *Pinks - Yes!*
- *Periwinkle - Tender recollection*
- *Poppy - I am not free*
- *Rhododendron - Strength*
- *Roses:-*
- *Red - Passion, true love, romance and desire. The red rose is a classic "I Love You". When red roses are used for a bridal bouquet, they represent bliss in the marriage as well as true respect and appreciation toward one another*
- *Pink - Implies a lesser affection*
- *White - I cannot*
- *Yellow - Friendship, contentment, devotion*
- *Christmas Rose - Help me relieve my anxiety*
- *Peony Rose - Happy marriage, fortune, compassion*
- *Hundred Petal Rose - Sincere love*
- *Snapdragon - I'm sorry*
- *Sunflower - Adoration, longevity, loyalty*
- *Tulips - Perfect and deep love*
- *Red Tulips - I declare my love*
- *Violet - Faithfulness, modesty*

As a romantic I encourage the lovers of this world to use flowers to send a special someone a secret message in plain sight. For those who are momentarily without their loved ones just know how creative spirit can be. A photograph (in a magazine) of a bouquet of red roses and babies breath means "My love is true and undying." A collection of spring flowers including yellow pansies, violets, periwinkles and peony roses printed on a tissue box means " I am thinking of you and have tender memories of our happy marriage and life together. I am forever faithful."

Your special one in spirit will always find a way to tell you they are close and that they love you.



Your Guiding Star By Anita Taylor

A star is born in each one of you. Do you understand the power of that star that is within you? Have you known it to lead you forth to shine the pathway ahead of you in life? Have you allowed that light to shine? Have you allowed the love that gives that light, that star within to come through, embrace you and embrace all about you?

You should know that star. You should be familiar with it, because it is the dream of the Creator Intelligence that has allowed that star to be born in you.



You have been told that dreams should be followed, that one should aspire and allow oneself to follow one's dreams. And why not? The Creator dreamed of you and bringing you forth you have been His dream. And it is important that you too follow your dream. The dream within will lead you forth. The dream within will give you strength. The dream within will give you courage. And, if you were not to acknowledge that dream, you would fall by the wayside, because the dream is the energy of life.

The bodies that you have been given in this physical life are the opportunity for you to experience, grow and learn. And to take back that learning to the world of spirit. You are here to allow your soul to grow. You are here to bring the light of your soul to those around you. For you can show the way. It is the light which is eternal, and which will take you from this physical plane. It will reunite you with all that is. It will take you far in all your dreams.

So never fall aside from the dream within, never allow it to die, no matter what comes your way, for the sufferings and trauma of life – what you see in your own or another's – may discourage, but that trauma, that suffering is there for you to learn that the light is always present. And no matter what, the light never goes out.

So follow your dream. Encourage the young, the young for whom you are responsible, to live their dream. Allow them to step on the path to make their journey, for in doing so they bring out the spirit within, allowing light to fall within this physical plane. And that spirit then shines forth and allows all to understand the true reality of dreaming.

May you be blessed with your dreams. May you tell many stories from how you allowed those dreams to develop, and so dreams will become part of the spirit that you are. We bless you with the dreams that you bring forth, for allowing the creative process within you to come out, as a result of all that God has given you.



TIME IS A CIRCULAR SPIRAL IN MOTION

By Rhoda Chignall

Even though we perceive time as linear it is actually circular in motion. Human perception can only focus on one thing at a time and we see the past, present and future in a straight line with the future becoming the present and the present becoming the past. Even though we seem to move along a line of time, in reality it is much more like a spiral. Linear time is a construct of the third dimensional plane of human experience.

The beauty of the human illusion of time is that we get to repeat emotional cycles over and over. Sometimes it can take many lifetimes, (we call this our karmic experiences) until we can ascend this cycle. When this is done and we have harmony between the head and the heart / the spirit and the human. Then we move to a new cycle, a new experience and a higher vibrational plane.

A new  cycle is a new beginning

During the year we have witnessed much, world disasters and epidemics. This should prompt us to look at and take stock of the World situation, our country, family and friends. We are on the verge of a new shift as we enter the 'Age of Aquarius'. We are stepping into a new cycle of time and moving to the fifth Dimension. There are many that have already made the shift. This is incredibly exciting, a new level of reality where a multi-level experience of oneness and harmony can be achieved. Keep in mind that although this new cycle will bring a heightened state of existence, letting go of the old state will be tough going for many. Transitions can be difficult and as never before we need our lightworkers and way showers to guide us through demanding times and assist us in raising our vibrational energy.

Awareness of the Earth should be the priority

Mother Earth is also feeling the strain of human existence and it is time to atone and be in harmony with nature, the lower plant and animal kingdoms. Much has already been done to right the wrongs however we need to do far more. It is prophesied that the next four years will be crucial for our World if we are to adjust successfully and not repeat old cycles – this is a huge task as the Earth is under a great strain. We need to re-establish our relationship with her.

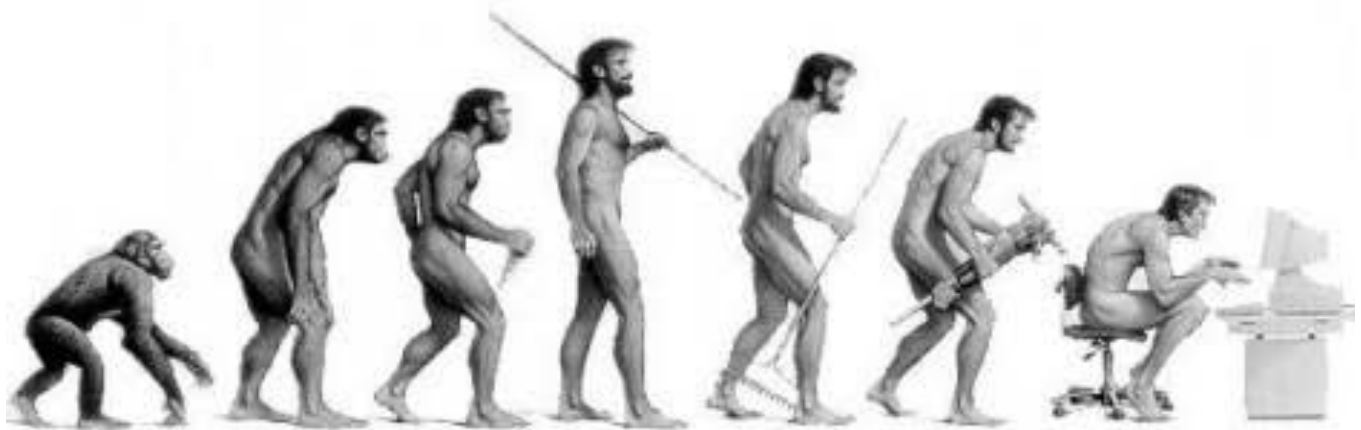


Trust the Universe

If one looks at the news it could be said that humanity is taking steps backwards in evolution. We are still in a collective state of separation rather than unity and can also be considered to be the farthest reach of the pendulum of human advancement. Sometimes it may seem like we are going backwards but this may be necessary to reassess and to move forward. It is time to let go of fear and move towards the light.

Acknowledgement: "Keeper of Time" by Steve Rother.

Steve Rother channels The Group who describe themselves as 'nine' energetic entities



TRUE STORY

GENOÿVA

BY KAITLYN BARNETT

Jess and I share a birthday. Our joint sun sign allows for a powerful connection when working together with spirit. On this occasion, Jess had arrived to New Zealand from Australia, with the intention of meeting her spirit guides. That evening we sat together in meditation and Jess began to sense that her guide was ready to communicate with her. As she began the conversation, I felt confirmation within every nerve ending in my body. I began to convulse and a message had started to form. Her guide, Genoÿva, had begun to communicate through me. I was her vessel.

She projected herself in our minds eye simultaneously. Both of us experienced seeing a butterfly coloured blue and gold –the colour of Jess’ aura. As the conversation continued deeper into the night we were aware of her presence as a feeling of “Joy”. Jess and I continued to experience joint confirmation and combined messages and have done so to this day. Genoÿva sought to work with us both and now often facilitates telepathic messages between us across the ditch.



Jess and Kaitlyn



Channelled Insights



Peace Love and Harmony By Gwen Read

Peace, love and harmony form the basic quest of the human soul.

As the individual finds peace within itself and learns to love itself, working gently to remedy any negative aspects, then harmony is created.

Harmony is the blending of all life, working together in balance, with respect and dignity.

Peace and love go hand in hand, each strengthening the other, and only when these are found can there be true harmony. The more effectively they are operating in one's life, the more effectively they can impact on others.

Universal peace, love and harmony must start firstly with the individual, then radiate out to family, your country and beyond. The stronger the individual becomes, the more positively it can influence a world with so much destructive negativity.

Let the light of love, the power of peace and the haven of harmony be strong in your life.



JOURNEY OF AN OLD SOUL IN A YOUNG MAN'S BODY



BY THOMAS CATO

After being absolutely mesmerised by the accurate information given to me in my first reading with a clairvoyant, I was filled with an ambition to start a similar journey of my own. I kept coming to the spiritual fair out of increasing zeal, and mentioning to a couple of store holders that I wanted to start my spiritual journey. I was introduced to a lovely lady, Eunice, who, as far as I was aware, was selling Bach Flower blends. What I hadn't known, however, was that she was also a clairvoyant and taught Psychic arts! A new clairvoyant beginners class was starting in a couple of weeks. I was over the moon. I just knew that this was what I was meant to be learning.

In class, we went through observations of the physical senses:- such as how I felt in the moment, what kinds of energy pulses I was getting through my legs and how my pen felt in my hand. As this was happening, Eunice saw something which she wrote down, but never said what it was. We then moved on to metaphysical energy work, such as white light, and eventually, a visualisation, leading to the path of meeting my current animal guide. The visualisation I was put through was the first I had experienced clairvoyantly by will. I have had psychic experiences of seeing, hearing, feeling and “just knowing” things, but these were unpredictable and not manually managed by me. Here, I had complete control for the first time. The visualisations I saw were wonderful, and of spectacular natural scenery, as an array of animals surrounded me. I called forth my animal guide, who revealed himself to be a black panther. I talked to him for a while, and after eventually saying goodbye to him and the surrounding animals, I came back to

consciousness. Eunice then revealed to me what she had seen near me before I had entered this visualisation. A black panther.

The following weeks led me to meet my gate keeper and two primary guides who agreed to work together. I have since worked extensively with my spirit team, and my connection has grown strongly over the last year. This has enabled me to get insights on personal matters and I am, also, able to provide useful information to others through my and their teams. This is under the realm of clairvoyance, where I have learned valuable techniques. I have, also, briefly worked in the Akashic Records and have gained beneficial insights from this. I have learned telepathy, tarot and spiritual counselling, which is often combined with tarot. Recently, I have also had an introduction into mediumship. My strongest link here is to my grandmother who passed away earlier this year, and this skill helps me to connect with her; it feels like she is still here with me, guiding me in ways she couldn't before.





New Zealand School of Psychic Arts
Consciousness = Energy
By Anita Taylor

The school's teaching is to have confidence and trust in our higher selves and the ability to access Source for ourselves without the need of an intermediary. Our psychic senses are the means for relating to and communicating with that greater Consciousness, or Source.

We are able to train and develop these senses to help us function more effectively and creatively in our 3D world with the potential to raise our individual vibrational frequency permitting access to the spiritual world.

Our life here on earth is chosen by our Soul for the purpose of learning specific lessons, releasing and integrating karma from past lives, healing all traumatic experiences with their accompanying emotions of hurt, anger, fear, guilt, etc. as well as those of our ancestral lines. That healing releases us from the bonds of attachment to both the past and the present so that we can live in the Now.

How is this all achieved? Because we and all things are comprised of energy. Energy is the spiritual motivating force of the universe, known as life force, prana, chi, qi, shakti, etc. However, it is not recognised by science as there is no defined way to measure its capacity. We do know that we exist as matter within an electromagnetic field. Quantum

physics more particularly describes the relationship at the subatomic level which is of interest to us because the planetary model of the atom replicates ourselves, our world, our universe. We are able to see, witness if you like, the impact of energy on our existence, pure consciousness in action. Therefore, we have the ability to utilise “consciousness” for our growth, cancelling the negative through positive input and living within a point of balance.

When we get to the point of wanting to know and understand our life purpose, we have become aware that there is a consciousness greater than the physical/emotional/mental make-up of our individual self. We feel the limitations of our present existence and reach out asking to know more. It is in the raising of our own vibration, or consciousness, to a higher frequency that we can tap into that greater consciousness. The psychic senses exist for this purpose; faculties of extra sensory perception enable us to discern and communicate energetically with all dimensions of life, with All That Is. Our means of awakening to the fuller purpose of our soul and the joy of living lies within us.



This is one of the Light Beings (a crude rendition compared to how beautiful they were) that I saw, who worked with us during the clairvoyance advanced level 1 boot camp weekend.

Katya le Roux
24th-25th October 2020





Christmas 2020

A Reflection - By Derek John Thompson

When I started write this article, it seemed like a step too far, especially when I knew for many of you, this has been a very difficult 2020. We have had to reassess our life, relationships with partners, work colleagues and even with family. For those with children of all ages, life must have been difficult.

Even in my own life, I have transformed and I use the word transform rather than change. Caterpillars enter into a cocoon state before transferring into a butterfly. For me Covid-19 has acted in the same way. For most of us it was in a lockdown system, but for others life changed, in as much as they were essential workers and they themselves were vulnerable.

From my perspective, this year has been amazing. It had been nothing I expected nor wanted. As a Reiki teacher, I was comfortable in my life, working at a pace which was suitable for me. I was doing my meditation first thing in the morning, going for my walk when I felt like it and eating what I wanted as a vegetarian.

As Christmas 2019 came and went, I made my plan for 2020. The first part of 2020 was to see New Zealand with an old friend I had coached in the early part of 2004. As an 18 year old, she had gone off to university and we had not seen each other for almost fifteen years. Looking back, the first two months enjoying the Aotearoa summer was wonderful, talking to complete strangers, seeing and feeling the best and worst that Aotearoa had to offer.

Coming close to the end of our road trip, we began to hear more voices talking about Covid-19. My friend started to show her concern about finishing her trip and getting back to Germany. Her plan was to meet up with her partner in Vietnam, but they closed the borders with the rest of the world following. I left her trying to get out of Aotearoa before lockdown, which she managed two days before the border was closed. The second part of my plan for 2020 never happened, so I am not even going to say what it was, but would like to add something I read many years ago as a teenager “MAN PLANS AND GOD LAUGHS”.

So, we began to take stock of what this meant for us as individuals, as a community and as families, dealing with the 24/7 Covid report. Everyone has their own way of dealing with the type of fear that came up for them. For me, what stood out was “Did I really want to work in the medical field anymore, or did I truly want to do REIKI full time?” So many things came up in just those two questions. Was I happy? Did it make my heart sing? Regardless of the outcome, did I wake up in the morning with joy in my heart? I always believe that when you are in the flow, life happens for you and not to you.

A roller coaster ride would be a way to describe it. I dislike them with a passion, only because I feel sick while on them. There’s nothing wrong with roller coasters, they are just experiences, neither good nor bad. Once you understand life is just a set of emotions within our 3D world, we have good and bad, black and white, up and down. How do I apply this to Covid-19? Is there a way of getting around Covid-19? I started looking inward, doing qigong, long walks in Waitakere along the pipeline, re-reading Wayne Dyer’s book, Tao Te Ching and looking at ways to keep my immune system topped up, not going into a stress mode.

While doing all these small things, I became more aware of who I am. Each time I get one of those “aha moments” life takes me to another level of understanding. I started reaching out to other light workers and we seemed to be finding each other with positive words. With our shared Reiki, monthly before lockdown, thereafter weekly, our joy as a group was wonderful to see, resulting in others reaching out to other individuals and groups. The collective is there to support and remind us we are not alone. Brene Brown states in her wonderful Ted talk “you can’t have courage without vulnerability”.

And, as for the vulnerability during this year, what has also been clear to see is the number of people who, in spite of their own issues, have been willing to listen and help those who needed it and to share everything, whether it be time, words of encouragement, or even asking the question, “How are you?” Since the second lockdown, I have been in a total Vulnerability state, only doing REIKI and teaching Reiki, but it has been the happiest time of my life, traveling up and down the North Island with plans to go to the South Island to spread the words and wisdom of Reiki. Don’t get me wrong, there is fear there, but it does not stop me from moving forward and that is the courageous side of my life, knowing I am part of something much bigger than me. We can’t grow without a little fear OK? Lots of fear sometimes, but without it how would you know that you have mastered it, or understood your journey? In short, we reach Enlightenment or Satori.

Now in November with a few weeks to Christmas, what are we looking forward to? A very wonderful soul called Melanie Beckler emailed me an inspirational guide for the 12 days of

Christmas in 2014. I have used it every Christmas since, because I believe there is much more to Christmas Day than as it is celebrated. Actually, maybe we should use this for every day of the year. She called it Twelve Days of a soul-filled Christmas which you will see below. Maybe this year more people will rise to a new height with love and non-judgment taking us in to the new 5D world.

Twelve Days of a Soul-filled Christmas:

Day One – Give Out Compliments

Make an extra effort to look for the best in people and express the sentiment through genuine compliments. Being complimented teaches us to receive confidently while complimenting teaches us to give confidently and lifts the spirits of all involved!

Day Two – Random Acts of Kindness

Today you could offer time, money or even a smile to someone who needs it, where you see a need ask yourself how you can help fill it.

Day Three – Practice Patience

Let's be real, tis the season of busy crowds, exhaustion, frustration, traffic jams and too much to get done, so you could take it as an opportunity to practice the virtue of patience. Take a breath and be present in the moment, it will all come together in the end.

Day Four – Be Grateful

In a time that lends itself to overindulging on many levels find opportunities to be grateful for the small and simple things.

Day Five – Smile

You may already be big on smiling but we can always smile more! A smile makes everyone feel good and when you see someone looking tired, frustrated or stressed give them your biggest and brightest smile.

Day Six – Reach Out

To those you love and haven't contacted recently and/or to those you know need some extra support or kindness right now.

Day Seven – Be Childlike

There is nothing like a little enchantment and fun to lift the spirits. Laughter, play, silliness, merry making and joy is the way to go.

Day Eight – Think Peace

Take some time to focus on peaceful thoughts and prayers not only for the world at large but also for yourself. Even five minutes of deep breathing and affirmation of peace can make a world of difference.

Day Nine – Treat Yourself

Make the time to do something nice for yourself, spend extra time practicing self-love or even give yourself a gift. After all what we demonstrate how we wish to be treated by how we treat ourselves and you are worth it!

Day Ten – Choose Love

All throughout the day focus on love. No matter what you experience during the day take a moment to ask yourself ‘what would love do now?’ and take action (or non action) accordingly.

Day Eleven – Forgive

We can all do with a little forgiveness focus now and then so take a moment today to check in on who or what you may need to forgive. Forgiveness is not for the benefit of another, it is a gift to ourselves. When we forgive, we feel free and our capacity to love increases greatly.

Day Twelve – Expect Miracles

Today set your mind to miracle mode, affirming ‘I am open to and grateful for the miracles occurring now.’ Take a breath, let go and let God. #miracles now

I would like to take this time to say *I LOVE* all unconditionally and trust in your own journey, it may not make sense now but it will once it's time to.

Namaste x



靈氣
Reiki

Touch



By Shakira Quinn

The language of touch is profound.

Appropriate touch strengthens connections, communicates compassion, soothes, comforts and calms. Human touch is healing. A tender hug can express emotions in a way that words cannot communicate. It is fundamental to our human experience, easing stress levels, soothing the nervous system, activating oxytocin – affectionally known as the cuddle chemical – and nurturing feelings of trust, sincerity and connectedness. Therapies that include touch, such as massage, are ideal for all ages, but especially older adults, our young, and those living alone. Touch does not have to be intimate to be profound. There are many forms of touch that can nourish and stimulate the reward centres in our brain, creating confidence, tenderness and wellbeing. A warm pat on the back, a gentle squeeze on the shoulder, or even a handshake can convey the message that you are not alone, that you have support.

Touch nourishes our health on all levels – mental, emotional, physical and psychological.

The COVID-19 social distancing requirements during 2020 have robbed many of us the fundamental need of physical connection. Health professionals have observed touch deprivation symptoms amongst clientele. Within my own clinic, clients have expressed not understanding why they are feeling tense, resentful, angry or lonely. It's because they have been missing the power of touch - and the benefits touch brings.

To deny ourselves genuine care through human touch, is to deprive ourselves of some of life's greatest joys and deepest comforts.



True Story
Positive Abundance
By Emma Jones



The other night I realised, as I was giving my daughters their Bach Flower

“Positive Abundance” drops, that I had not explained to them what positive abundance

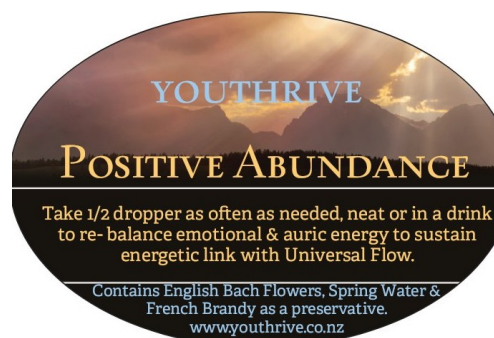
meant. After all, I had originally told them that these were sleep drops, which would help them calm down and quieten their minds after a busy and sometimes stressful day.

An “Aha” moment occurred!

My daughters have had the best year, both at home and at school. They have great friends on our street. They have wonderful teachers and groups of friends at school. And best of all, their dad is no longer working shifts, so we all see much more of each other. As I gave the drops to my girls, I thought of the changes in our lives and then realised, “Of course! This is their perfect life!” Amazing!

Now I look to creating my own perfect life by following your tip about writing it down. I am looking forward to getting it down on paper and then taking those “Positive Abundance” drops for myself.

Emma Jones



Spiritual Connections - Light Workers Directory



Post lockdown, my most popular treatment has been the ‘Elemental’ – which incorporates gentle massage, reiki, and aura clearing. This wonderful ‘all-rounder’ provides multi-level healing, comfort, inner peace, relaxation, and greater self-compassion.

"My Elemental sessions have been instrumental in helping me deal with the grief of losing my soulmate. I come away feeling nurtured, calm and at peace... ready to face the world."

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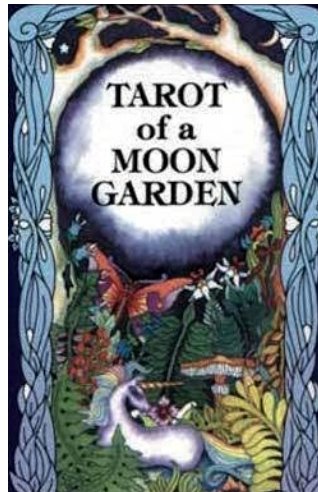
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Derek John Thompson is a fully qualified registered practitioner in both Usui Reiki (Advanced Master Teacher) and Karuna Reiki. He is also a certified BodyTalk Practitioner, MiriMiri Massage Therapist and includes Sacred Healing in his sessions.

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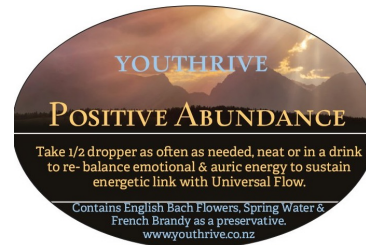
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