

“Hallelujah! Hallelujah! Hallelujah!”

Archangel Michael, The Collective Masters of Light and All The Angelic Realm want this first Unity Consciousness Workshop Newsletter of 2009 to open with these three words. Resounding and Glorious!

“Hallelujah” is a very ancient Hebrew word meaning “Praise the Lord!”. It is used as an exclamation of joy, praise or thanksgiving. Its original purpose, in Temple times, was to signal a congregational response at certain points in prayers. Like “Amen”, the Hebrew term entered the Jewish prayer book and eventually became part of the Christian tradition, finding its way into many other languages over time. I believe the opening triplicate message is a “response” from the Angels to all the incredible healing that took place at the time of the Winter Solstice of December 2008 – all over the world. People everywhere were sharing their Love with our Beautiful Mother Earth and All of Creation. I believe this Angelic response is an expression of joy, praise and thanksgiving to the entire Human Family for all our World Wide efforts and success in raising the Vibration of the Whole Planet – and consequently the Whole Universe! Wow!

Our Unity Consciousness Workshop Family-in-Spirit fulfilled our **Part of the Whole** world-wide healing process at Whalley Abbey. You can read more about the very first UC Workshop later in this newsletter.

The Angels tell me it was a Synchronicity that they had arranged for the song “Hallelujah!” to be playing out across the world via the Radio and Internet at the end of 2008. X-Factor singer Alexandra Burke was playing her **Part of the Whole** healing process with her Number 1 Hit Single. Looking at the statistics makes interesting reading for any numerologists out there! She sold 888,000 copies of Hallelujah in just two weeks. In Angelic numerology, 888 can be interpreted to mean one particular phase is about to end and may also mean that you are guided not to procrastinate or delay making your next move, grasping the next opportunity and enjoying the fruits of your labour. 8 is a particularly important number in the UCW teachings with several interpretations including balancing the duality; the symbol of infinity and Re-Alignment to Spirit. 000 can be interpreted to mean that you are one with the Creator – in Unity Consciousness - and you can feel the presence of your Creator’s love within you. Also, it is a sign that a situation has gone full circle.

This all points to 2009 being the Year of Op-port-Unity.

As with all Unity Consciousness Workshop teachings, we are taught to sense the “energy” of everything. It was the energy of the word “Hallelujah!” singing out –

especially across the UK - that helped create a special energetic condition for healing to take place.

I cannot find words to adequately express how delighted Archangel Michael and The Collective Masters of Light are with the Light Work achieved by our UCW Family-in-Spirit. I can tell you that I have a picture of Michael next to my bed and, when I returned home from the workshop, I just know he was smiling more than usual! There is **Great Joy in Michael's Heart!** In the hit TV series "The A-Team", the leader of the group is Col. John "Hannibal" Smith (played by George Peppard) whose plans tend to be unorthodox but effective. In our "Angel – Team", I see Michael smiling and saying, "I just **love** it when a plan comes together!" Ha!

Before I share news of the first Unity Consciousness Workshop (weekend of the Winter Solstice 2008 at Whalley Abbey, Lancashire), I want to express my heartfelt gratitude to all of you - our UCW Family-in-Spirit who tuned into this very Special Event. Whether you sent your loving, healing energy by meditating in sync with those of us who were actually physically present or whether you simply sent your best wishes, your presence and energy input really was profoundly felt!

We manifest Co-operation by being it!

I was guided to arrive the day before the workshop, on Friday evening, at the Abbey. Two other Re-Searchers also arrived early. The three of us went for an evening meal in a pub/restaurant in the small village of Whalley. Interesting that there was one male and two females arriving early. If you read about my visit to nearby Sawley Abbey during the summer Pilgrimage to attune to the land around Whalley Abbey, you will remember that there was a male and two females present. This is known as the "Perfect Druid Circle". However, I am learning from the Higher Realm Mentors that this specific combination of "one male - two female" is a very ancient Spiritual mechanism for holding (grounding and containing) Divine Energies on the Earth Plane. We see examples of it within many Esoteric Mysteries such as Master Jesus, Mother Mary and Mary Magdalene. The male is thought to ground the energy, one female channels and the other female supports/stabilizes the system.

During the meal, the word I heard the most coming up in conversation was "Trust". This is one way in which Spirit communicates to us – using repeated messages. So I knew that I had to totally let go of any personal worries about my own ability to facilitate for the very first time and to let go of any niggling doubts about how the very first UCW was all going to turn out? I was clearly being guided **just to Trust!**

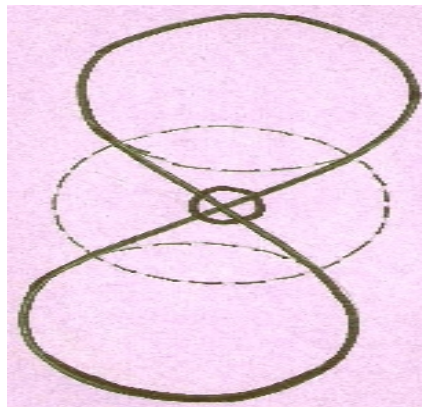
I had asked for and received permission from the Goddess during the summer to do Ceremony at Whalley Abbey. However, on the Friday evening, I once again asked that our UCW Family-in-Spirit be granted the honour of giving Highest Service in bringing

healing to this Special Place at this Special Time. I received confirmation that All Realms were looking forward to co-operating as a team to bring healing to this area. The UCW was warmly welcomed as representatives of the Human Family to join the animals, plants, crystals/minerals, Elementals, Angels and All Realms in helping to heal the deep wounds that were energetically imprinted on the local landscape.

Most of us are familiar with the term “Carbon Footprint” regarding environmental damage such as pollution from toxic waste. Perhaps fewer readers are aware that every time a negative/destructive thought, word or deed is committed in a place, it leaves a negative energy attached to the area. Over thousands of years, all those negative energies form a blockage or distortion that can manifest into many problems for the Human population such as poverty, depression, unemployment, crime and so on in that locality. The negative energy also manifest as problems for all realms such as harsh conditions for the plants and animals or making the area energetically incompatible for the Elementals. Much of the wounds have been caused by Human destructive activities such as when the Romans violently slaughtered and conquered the local Britons in the area.

What Was!

At the beginning of the three day workshop, on Saturday morning, we gathered in the luxuriously furnished lounge of the Abbey Conference Centre. In another Synchronicity, one of the Re-Activation Light Codes that I channelled for the UCW looks like this.



I channelled this Re-Activation Light Code the weekend I booked Whalley Abbey for the Workshop (19th April 2008). When we looked up at the lounge ceiling of the Workshop room, we noticed a beautiful repeated pattern.



If any of us were in any doubt whether we were in the right place at the right time, then this synchronicity was staggering proof that Spirit had organised this weekend.

For those of you, who are fascinated by Crop Formations and Synchronicity, follow this link to a Crop Formation that appeared in Alton Barnes, Wiltshire on the date of the Harmonic Convergence – the official launch date of the UCW website 08.08.08!

<http://www.cropcircleconnector.com/2008/080808/080808.html>

On Page 2 of the CropCircleConnector information concerning this Figure of 8 Formation, there is a fascinating article on “The Mobius Strip” which is considered to be a symbol of balancing the duality – representing the Unity of polarities. This creates a state of Oneness where everything is connected, intertwined and infinitely on-going without beginning or end.

We began the workshop by acknowledging the “Four Corners”. This is one of the UCW teachings that is found in many other Spiritual traditions. In the UCW, Archangel Michael encourages us to establish where North, South, East and West are at home and at work. This has a profound effect on our psyche. Many of us feel lost or lacking in direction but placing yourself at the centre of the “Four Corners” has the effect of placing yourself in alignment relative to Mother Earth. We begin to feel centred, balanced and grounded. We begin to feel that we know our way around. We begin to be aware of where we came from, where we are and where we are going.

What Was! What Is! What Shall Be!

Archangel Michael teaches that we can associate certain energies with certain compass directions. Here are some traditional associations.

North

Archangel Uriel and Archeia Aurora
Ascended Master Lady Nada
Element Earth
Elemental Guardian Gnomes
Totem Animal Bear

Self-Empowerment, Love, Dignity, Warmth, Affection,
Hibernation, Introspection and Illumination

East

Archangel Raphael and Archeia Mary
Ascended Master Hilarion
Element Air
Elemental Guardian Sylphs
Totem Animal Eagle

Healing, Creativity, Inspiration, Flexibility, Wisdom,
Higher Perspectives, Humility and Connection

South

Archangel Michael and Archeia Faith
Ascended Master El Morya
Element Fire
Elemental Guardian Salamanders
Totem Animal Tiger

Infinite Strength, Transmutation, Protection, Mastery,
Energy, Vitality, Courage and Will Power.

West

Archangel Gabriel and Archeia Hope
Ascended Master Serapis Bey

Element Water
Elemental Guardian Undines
Totem Animal Dolphin

Communication, Creativity, Manifestation, Sound,
Breathe, Self-Awareness, Mercy and Peace.

The UCW teachings encourage us to be creative and do what feels right for us as individuals. So use any association with any direction that inspires and uplifts your energy. How about Manchester United FC in the North? Corresponding energies could be success, fitness and stability. Get the idea?

Saturday ~ What Was ~ Building the Temple of Shekinah ~ was all about Re-Connecting. We sometimes feel scattered and as if **Parts of the Whole** of our self are not all working together in harmony. This first day was basically about gathering all our energies and “building” one united Divine Self. Shekinah is a very ancient word meaning “Dwelling place of the Divine”. We Re-Connected all our scattered parts. For example, encouraging the mind to listen to the body; getting in touch with our Inner Child and finding our Totem animal. Shekinah is the Female Counterpart of Archangel Metatron and, in the UCW teachings, is the Patroness of Creativity and Manifestation. She inspires us to Create and Manifest our Divine Self. The Self that has all **Parts of the Whole** working in harmony in constructive manifestation of the life we want to lead. This day also reminds us that the whole of Creation is a Temple of Shekinah and we are part of that larger whole.

On Saturday night, lying in bed, I had a vision of a Giant Tube Torus (think Big Donut!) floating ethereally above the Abbey. All of our Etheric Selves were standing back to back around the central Prana Tube of the Tube Torus. The actual tube torus was spinning slowly – as if the Human Family “engine” was powering up for the healing process to take place the following day. It was our Synergy Group Tube Torus Rehearsal!



That same night, I saw two small Elementals hiding behind the chair in my room. They were peeping out from behind the chair and studying me intently. I am not very familiar with the Elemental Realm but I would guess they were Gnomes. They were about 30 inches tall, dressed in brown tunics and brown peaked - hats. At one point, they seemed to pluck up their courage and, one at a time, they rushed past the bottom of my bed and I got the impression that they were “checking me out”. It felt as if they were checking us all out! They seemed very nervous about working with the Human Family but willing to give it a try!

On Sunday morning, over breakfast, I shared my vision of the Group Tube Torus and mentioned the Elemental visitors to the other Re-Searchers. One of the other Re-Searchers commented that she had felt someone/something pulling at her feet during the night. She had wondered if it had been a ghost but, with my revelation about the Elementals, she realised that she had also had a visit from the “Little folk”!

What Was, Still Is!

Sunday ~ Winter Solstice ~ What Is ~ was all about Modulation. In the UCW teachings, Michael doesn't use the word “ascension” as he feels it has become a rather “goal-orientated term” which he feels is contrary to the principles of Unity Consciousness. Also, in the UCW we are taught to think of life as a Spiritual Spiral experience rather than a Human Linear experience. From the Spiritual Spiral perspective, there are no beginnings and no endings, just a continuous infinite Spiritual growth process. From the Human Linear perspective, we encounter obstacles and changes that appear to block our progress in life. “Ascension” is a linear term – one way – limited - upwards. This linear way of looking at things is contrary to the UCW teachings. Michael teaches that growth can take many paths. There are many different “Ways” for a Soul to grow. All “Ways” are valid.

Most importantly, the idea of Modulation recognises that All People (whatever their Spiritual track) and All Points of our own Lives are essentially beautiful creations of Source. Wherever you are at and whatever you are going through, you are essentially at the perfect point for you. This is an incredibly open minded and all-embracing concept of Spirituality, Acceptance and Trust in the Divine Plan. I feel this idea of Modulation truly exemplifies the Spirit of Unity Consciousness. When the Higher Realm Mentors look at Humanity, **They Love Us All Unconditionally.** Michael doesn't judge the criminal or the healer. He respects that we are making our own Free Choices and have our own individual Free Will. This is such an important b-lesson to understand about the Human Experience.

It's all about Choice!

During the day, Re-Searchers were given their “Spiritual Tool Kit” with around 30 tips and techniques for bringing Divine Energy into our everyday life – all tools are totally adaptable to suit your own lifestyle. For example, one tool is the simple idea of not just showering the physical body but actually taking a moment to rinse your aura at the end of your shower. Using your intention to clear away any negativity that may be floating around your energy fields! Briefly, this day was spent raising awareness of our Energy Self. Really acknowledging the fact that Everything is Energy and Everything Flows. When we sit on a chair, we leave an energy imprint behind in the very fabric of the upholstery. When we think kindly of someone, it actually helps them to heal their life and, importantly, it helps us heal our own life. Energy Awareness!

On the evening of the Winter Solstice, we held a very powerful and profound Unity Consciousness Synergy Group Meditation Ceremony.

Synergy is like the Rainbow. Recognising that each of us is an individual colour; with individual talents and gifts to offer in Service to All That Is; with our own individual “ways” of growing; our own lifestyles and our own individual personalities. However, each of us is a **Part of the Whole**. When we gather together with healing intentions, we form a beautiful Rainbow.

Remember that the Rainbow is also known as the “Promise of God”.

The Rainbow is also associated with the Antakarana Bridge – sometimes known as the “Rainbow Bridge”. This is the personal Divine Corridor; the pathway to expansion of consciousness that moves into higher dimensions. The Antakarana Bridge helps connect us to the Higher Realms and to Higher Aspects of our Multi-Dimensional Self.

During the Synergy Ceremony, it was very strongly felt that All Realms were working in Synergy – in harmonic co-operation. The Higher Realm Mentors were controlling, monitoring and directing the healing energy processes that were taking place. It was also tangibly felt that our wider UCW Family-in-Spirit were co-operating along with the Elementals, animals, trees, minerals and so on.

We did some fantastic Light Work during this particularly powerful Synergy Ceremony where all our Unity Consciousness Energy Fields (our Tube Torus-es) were all spinning in sync. Clairvoyantly, I could see Light Beings appear next to each of us who began to work like “mechanics” on each of our individual Tube Torus Fields. They weren’t using any tools! They were moving their hands over the fields at “light speed”it looked like they were making adjustments and tuning up the fields. At one point, all the Light Beings stood back and the individual tube torus fields suddenly merged into one huge Tube Torus – just like I had seen in my vision on the Saturday night except this time the Group Tube Torus was moving dynamically and gyrating very rapidly in multiple directions simultaneously.

Bright white Divine Light was being channelled downwards through the centre of the Tube Torus (main prana tube) into a downward spiral – down into the Earth and into the Ley Line. As the white light went down into the Earth, dark clouds came up – being pumped out of the ley line upwards – back up through the prana tube and off into the “infinity”. There was massive clearing and the dark blockages were literally being “pumped” out of the Earth ...it looked almost like “Ethereic Oil” being pumped out of the Earth. Quite an amazing sight to see!

What Is, Always Shall Be!

On Monday, we all clearly sensed a real “shift” in the Energies of the Abbey. Strangely enough, the Workshop room in the lounge of the Abbey had been cleaned and all the furniture re-arranged from how it had been the previous two days. Because the Abbey were catering for a Wedding Function that day, we residents were given breakfast in a different room than usual. The entire staff seemed to have changed shifts also. It felt like a different place!

Monday ~ What Shall Be ~ was all about Transcendence. Beginning to manifest our Divine Self in terms of Energy – sound, colour, symbols and so on. Part of the day’s experiential was drawing Healing Mandalas. One of the important things about drawing Mandalas is that you are encouraged to be willing to let them go after you have created them. Typically, people will burn their drawings in a symbolic act where the created form of the drawing is “transmuted” into smoke that is carried up to the Heavens. I entered the Workshop room thinking about sharing this idea of letting go of things that we have created with the Re-Searchers. Suddenly, I realized that the Flip Chart that I had been using for the Workshop containing lots of relevant information had vanished. I asked one of the Staff if she could return the Flip Chart to the room for the remainder of the Workshop – but it had completely disappeared! Ha!
An on-site b-lesson in letting go!

We learned about the Re-Activation Sound Codes that I have channelled within the CD – available for sale in this website’s Shop. We also learned about the Re-Activation Light Codes that I have channelled. During lunchtime, I was guided to walk out into the Abbey Garden. I was met by a very chirpy Robin Red Breast! He told me that all the birds from the Abbey were talking to the birds in the wider Ribble Valley and sharing the news about the Light that the Human Family had been bringing to Whalley that weekend. He was very excited and guided me to “talk to the Human Family just as the birds were chatting to each other”. He wants us to talk about the Light Work that was done at Whalley Abbey and, in talking about it, we encourage future healing to take place there and elsewhere.

At the end of the workshop, there was no formal Closing Ceremony and Re-Searchers just made their way home in their own time. Archangel Michael had suggested to me that we didn't have a closing ceremony so that Re-Searchers understand that the Workshop continues when they go home! They take the teachings home with them and continue to apply them in their daily lives. As I left the Abbey that evening, I could here the Elementals saying, "Tell Others and Come Back".

What Now?

Throughout 2008, the Higher Realm Mentors gave me two projects to undertake every lunar month. During November, the Collective Masters of Light guided me to **De-clutter my home** and **Clear the Energies**. These two projects were specifically about raising the vibration of our home – especially in preparation for the arrival of our new baby due in Spring. The December project was clearly about focusing on the UCW at Whalley Abbey at the Winter Solstice.

However, since the Whalley Abbey UCW Workshop, even the way guidance comes in to me has "shifted". The only guidance I am currently receiving is to focus on the health of myself and our baby. Making sure that I get plenty of rest, eat good nutritional food, listen to my body and keep my energy uplifted. I have no further guidance on when and where to hold the next Unity Consciousness Workshop. The Higher Realm Mentors have me totally focused on my new role as "Mummy Person"!

My life has seriously "shifted" over the last couple of months. I have been a professional musician and also taught music for over twenty years. This World of Music has formed much of my identity and personality. I have had to let go of playing, for the time being, since I don't have the physical energy to get up on stage and play at the moment. I have also had to cut back on the number of pupils that I teach on a weekly basis. This all means that my whole lifestyle is "shape shifting". My body is seriously "shape shifting" too! Ha! My manifest reality is changing rapidly and it has been challenging at times to cope with how fast my world has altered.

However, I acknowledge that **All Challenges are Opportunities!** Archangel Michael and The Collective Masters of Light decree that **2009 is the Year of Op-port-unities!** I am grasping these Changes/ Challenges/ Opportunities with both hands! What is happening for you on your newly accelerated Golden Spiral Journey?

Message from Archangel Michael

Stay Focused

As always, you are encouraged to make your own interpretation of this message. My interpretation is simple. With the huge influx of Divine Energies entering this part of the Milky Way right now, we are all experiencing an exponential rate of acceleration along our Golden Spiral Journey taking us to where we choose to be. The Universe responds to our Intentions. We need to stay focused on our Highest Intentions to live the life we want to lead. Distractions will only warp our path. Stay Focused on your Goals and don't lose sight of the Bigger Picture! In other words, to use a well known cliché, don't sweat the small stuff!

Who do you want to be?
Where do you want to be?
What do you want to be?
When do you want to be..... ?
How do you want to be?

Further along the Spiral

During February, the Collective Masters of Light have guided me to *Stay Focused* on my own health and the delivery of a healthy baby. I pray you are all travelling along your Golden Spiral smoothly. Journeying Peace-fully with Grace and Ease. Keeping your Mind, Body and Spirit focused. Keeping your Whole Self focused on manifesting your Divine Self in all areas of your life so you can "Divinize Your Life". Making more and more time in your Life to be your Sacred Authentic Self – the True Divine Self. This means sticking fiercely to your Integrity and keeping yourself Aligned to the Divine Plan.

Michael advises that Pen and Paper are two of the most powerful Spiritual Tools that you can use. By keeping a diary of any insights and inspirations that you have during your daily life, this really helps to solidify ideas and intentions – a great way to start the manifestation process. Writing down your thoughts and feelings helps you **Stay Focused on the True You**. If you don't feel confident with writing, then doodles and drawings serve much the same purpose! Be Creative! Do what feels right for you!

Sending you Love, Peace and Grace as we embrace each Op-port-Unity together!

In Highest Service,

Lizzie xxx