

Unity Consciousness Workshop July/August 2009 Newsletter

Dearest Family-in-Spirit,

I'm really excited to share the latest channelled information that I am currently receiving from Archangel Michael and The Collective Masters of Light.

Michael told me that he is Delighted with the Healing that our Family-in-Spirit took part in at the Winter Solstice 2008 Unity Consciousness Workshop at Whalley Abbey, Lancashire. Michael didn't go into detailed analysis about what took place but described how we have contributed to the Bringing of Light and Healing into the World. He also mentioned that we have affected many changes on many different dimensional levels in ways that we Humans can't even begin to imagine or understand. Needless to say, whatever we did, it was a great success! So, thanks again to those who actually attended in person and to all of you who sent your loving, healing energy through the Ether!

We are being called on again as the UCW Family-in-Spirit to Co-Create the next workshop. The Follow – Up to the Unity Consciousness Workshop is called...



The Seven Rivers of Light Workshop & Retreat

Monday 26th July to Friday 30th July 2010,
at Whalley Abbey, near Blackburn, Lancashire.

The Collective Masters of Light are Divinely Orchestrating this event. As we enter the Age of Aquarius and especially around 2012, the Divine Healing Energy flowing into this part of the Milky Way is reaching a Peak. Many of us are trying to cope with the accelerating changes in our Every Day lives that this massive influx of High Frequency Light inevitably brings. However, for many of us, this is like trying to download Windows 2012 into an old 1970s Apple Computer! The changes sometimes appear to be taking forever; just when someone seems to be moving forward; it can seem as if they find themselves back where they started and, in some cases, the physical body just can't handle the situation and illness/stress manifests as a result!

In order to Evolve, Re-Activate and update our Lives, it is our Chakra System and Energy Body (also known by other names such as the Vital Energy Field and the Aura) that enables us to make the Shift into Higher Energy Streams. This is why Archangel Michael and The Collective Masters of Light are initiating this New Seven Rivers of Light Workshop to prepare us for 2012 and beyond! The Workshop gives us the **Opportunity** to spend time in a beautiful location with like-minded Family-in-Spirit in order to give us the

Time and Space to
Focus on Re - Balancing
Our Energy Body.

Re-storing us to Ourselves!
Re-turning to our True Divine Self!
Re-aligning with our Wholeness!

One very important lesson in the Unity Consciousness Workshop Teachings that I downloaded in October, 2007 is that

Balance is essential for all Re-Activations.

It is only when we reach a Point of Balance within our Mind, Body and Spirit that we are able to Re-lease our out-dated, unhelpful habits and become More Evolved – mentally, physically and spiritually. Our DNA is affected so that we can evolve to incorporate the best of ourselves within our every day lives such as finding our talents and having the confidence to express them as our Truth. Clearing, balancing and re-activating our Chakras is crucial for Spiritual Evolution and making progress in our every day lives.

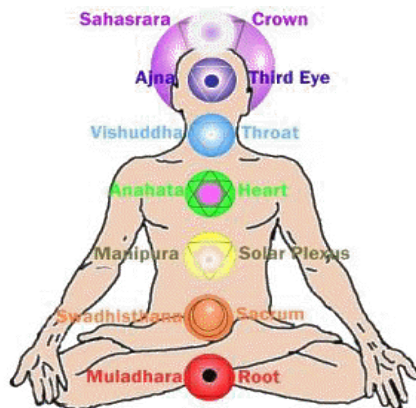
Whalley Abbey

Whalley Abbey is built on a Metatronic - Shekinah Grid Line called the Astara Axis or the European Flower of Life, linking Rosslyn near Edinburgh with Avebury & Stonehenge. As you can imagine, it also lies on a natural Earth Energy ley-line. It is located on the Skekinah Spiral of the Pendle Hill Goddess Mound. It is also located in a very special grounding base station for the Unity Consciousness Grid (sometimes known as the Christ or Buddha Consciousness Grid). Pendle Hill is reputed to be part of an ancient Stone Age Goddess Temple. Whatever Spiritual Path you have taken so far on your journey, the significance of this location speaks for itself. I personally feel that the Abbey is a Time Capsule! You find yourself enclosed in a Special Pocket of Serenity, cocooned and protected by the Ancient Presence of our Ancestors; the Natural World and the Elementals! You are transported out of the 21st Century into a Timeless Mystery! Visit the Abbey website to immediately sense the beautiful, healing energies of this special location.

www.whalleyabbey.co.uk

The Workshop

During morning and afternoon sessions, we **Focus Our Intentions** on each of the Seven Main Chakras. There are several Specialist Facilitators coming in to share their Energy and Teachings regarding each specific Chakra.



Base Chakra



Local Teacher and Shamaness, Lynne Clothier, will be opening the Workshop.
She writes...

Forming the foundation of the Chakra System is the Base, associated with survival and ones basic needs. In this heady Western society, many people find themselves ungrounded, influenced by their minds and emotions, and out of the present moment, often leading to inner turmoil.

Whilst engaging in Earthy practices, such as growing vegetables in my garden, fitting a new kitchen and painting the outside of my house, I began to experience my spirit in physical form. I was aware of being in the moment, from which was experienced an inner stillness, enough to quiet the mind and feel the I AM Presence of pure consciousness flow through me.

Writing and facilitating courses and classes in Tai Chi, Breath & Dance, Chanting & Toning, has taught me the importance of movement, sound and vibration, and conscious breathing as tools to assist creating an inner stillness along with grounding and connecting ourselves within our base centre to Mother Earth.

Through Shamanic practices, I've experience the interconnectedness of all life as pure consciousness, enabling communication and energetic exchanges to take place with nature spirits, who wish to bring joy, wisdom and healing to humanity, enabling humanity to come back into harmony within their place on Earth, living as part of and not exclusive from, the intricate and diverse system of life on Mother Earth.

Solar Plexus



Yoga Mistress and Nutrition Expert Helen Green will be sharing her knowledge for the Solar Plexus session. She has been a British Wheel of Yoga teacher for 10 years. She specialises in Breath Management and using Yoga for Stress Management. She has developed her own style of Therapy combining Thai Massage and Hatha Yoga which she uses to successfully treat people who have had a stroke or who have lower back problems. During time spent Lecturing in Nutrition, Helen noticed that even though people know what they need to eat, they often fail to eat healthily because of Emotional issues and Stress. By bringing into balance the emotions, it is possible to eat more healthily. Likewise, by eating more healthily, it is possible to balance the emotions. This awareness of the interconnectedness and relationship between The Emotional body and The Physical Body is Helen's speciality.

Eating Problems and other problems with the physical body are related to emotional issues which can result in or come from blockages in the Solar Plexus. Helen will help us to Free The Energy. Helen admits her own downfall in her own Spiritual Growth over the years has been that she has tended to focus on the Higher Chakras and generally ignored the Lower Chakras. She now sees that we have to clear and balance the Lower Chakras before we can even attempt to Balance the Higher Chakras. Through Guided Meditation, Yoga, Breathing exercises and her own unique style of therapy, Helen will help us discover a very practical way to Free the Solar Plexus Chakra. This enables us to release tension held in this Energy Centre and also in the Lower Back of the Physical Body.

Heart Chakra



Pineal Chakra



Well known, and well loved, facilitator Angela Morse will be sharing her Energy during the Heart and Pineal sessions. She writes...

Introducing Angela Morse

Practitioner and teacher of Homeopathy and Natural medicine for 25 years. Lengthy training in Transpersonal Psychology, a body of teaching focusing on the individual quest for meaning and enlightenment through emotional healing and imaging to engage the higher self; working with heart consciousness. Flower of Life facilitator since 2005. Flower of Life teachings employing sacred geometry, teach the activation of the lightbody and foster an evolution of consciousness and an opening of the heart.

Leads 3 day workshops "Alchemy of the Heart" introducing wisdom and techniques from many spiritual traditions, both ancient and modern.

Exploring the Heart Centre

Ancient traditions speak of a great secret, a very special place located within us, that is nothing less than the origin of our creative potential and of true unconditional love. By connecting with, and exploring that space, we can begin the process of transmuting all that no longer serves us and restricts our spiritual experience. I will be guiding you through a variety of experiences and meditations designed to help you directly connect with your own inner sacred space. I so love the privilege of working with groups to explore the heart centre; inevitably there are tears, laughter, astonishment, revelations, and most of all amidst what is a very sacred process – a lot of fun!

Working with the Ajna centre (brow chakra)

Within the brow chakra lies the Pineal gland. Enhancing and activating the Pineal gland helps to integrate and strengthen all energetic aspects of our light body, and deepen and broaden access to different states of consciousness within ourselves. We will have a brief overview of the Pineal glands biological function (Yes, this does affect our spiritual experience), and work with various techniques and meditations that help us to develop this centre both a receiver and conductor of spiritual information.

Throat Chakra



Singer, vocal trainer and NLP Practitioner Catherine Kerr, N.L.P. Master Practitioner Hypnotherapy Dip HSM. Dip AH Master Practitioner, will be helping us work on the Throat Chakra. She writes...

Above the Heart is the THROAT CHAKRA one of the seven energy centres of the body that RESONATE with the seven rainbow colours, each with its own energy, the throat resonating the colour BLUE.

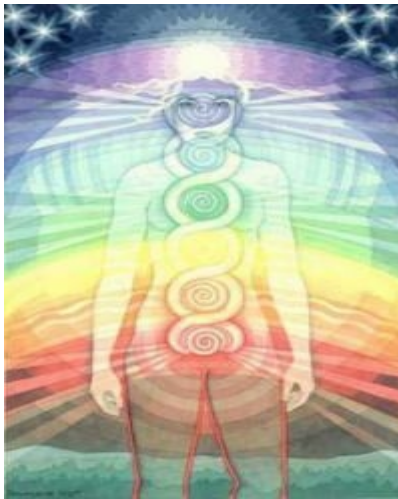
BLUE = Calming, Invigorating, Encouraging, Cooling, Freedom, Expression and Togetherness.

The Throat Chakra is the place for naming things and recognizing that (you can) enables you to manifest, set your verbal goals and reach them.

By using your Fifth Chakra. The Throat Chakra, can take us there, by finding a balance that is individual, to all, and by voicing it, in your own unique way. The Throat Chakra is the place of manifestation through the power of the spoken word, in fact, the starting point. I hope to use this chakra to enhance, goals, joy, and thought, by using self, along side N.L.P. and Light relaxation Hypnotherapy.

I also want to make the session enjoyable, and fun, after all the throat can be responsible for both the hard spoken word, and soft spoken word, and variations of light and shade, will be available to all, the choice will be yours. Looking forward to hearing your thoughts on the day.

I plan to introduce some of the Unity Consciousness Workshop Teachings into this new Workshop with special attention being paid to Information that I channelled in October 2007 regarding the Metatronic- Shekinah Grids in the U.K. Michael explains that the Metatronic - Shekinah Grids can be used by Humanity as a "bridging grid" to connect the Earth ley-lines to the Cosmic Unity Consciousness Grid using our Chakra System. This forms one immense Energy Circuit that facilitates the flow of Divine Energy into the Earth to release blockages and to heal. If we metaphorically use computer jargon, we could say that the M-S Grids give us Broadband high speed access to download new consciousness programmes from Source to Earth and all her sentient beings. This process was witnessed during the Synergy/Rainbow Meditation performed at the Unity Consciousness Workshop last year at Whalley Abbey.



Message from Archangel Michael

Shine On!

As always, with the UCW, you are encouraged to use your own intuition to interpret teachings and messages to discover what they mean to you personally. My interpretation is as follows. When our Chakra System is flowing efficiently, we can absorb and radiate Healing Energy with Grace and Ease. Wherever we go in our day-to-day lives, we can "Shine Our Light" which is the Light of the Universal Unity Consciousness glowing from Within Us. When a group of Light Workers come together, we can amplify our Energies. In fact, when any group of Like-Minded individuals come together to share their Love and focus their attention on something – be that art, music, science or just selling home made jams at the local market, you witness this amplification of Energies.

Remember, our UCW Family-in-Light is just one part of many Divine Interventions currently being carried out all over the Planet. Archangel Michael and The Collective Masters of Light decreed that 2009 be the Year of Opportunity. More specifically, the year where those who choose to, can Open the Portal to Unity. I sit here and ponder what Opportunities you have taken this year?

They have decreed that

2010 is the Year of Brilliance

for our Family-in-Light. 2010 is the year where all those opportunities we took in 2009 allow us to Shine and Radiate our Light into the World with Brilliance and Brightness!

Further along the Spiral

Our UCW Family-in-Light is Co-Creating the new Seven Rivers of Light Workshop and Retreat. As I receive more information, I will share it with you through the Newsletters and the UCW Website. There will be more information regarding the Sacral and Crown Chakra Sessions over time. Archangel Michael and The Collective Masters of Light have guided me that I need to do some more Training and Re-Search before the Workshop. They have guided me to learn about Colour Therapy so I am taking the Opportunity to attend a Course in October, 2009. I have also been guided to get back into a more regular Meditation Routine so that I can "fine tune" my Channelling.

When we receive inspiration and guidance from the Unity Consciousness, some of us are not consciously aware of where it is coming from! However, it is completely Your Choice as to whether you follow the inspiration or guidance that you receive through your Intuition. My life is so much better when I listen to guidance that I now pretty much "Live By" guidance. To "Be Living" by the guidance from your Intuition is to "Be lieve" the guidance! Trusting your Intuition is essential for receiving guidance! The more you trust, the more guidance you will receive!

Thank You for giving your attention and interest to the Unity Consciousness Workshop. Your Loving Energy contributes to the Co-Creation of Our Next Light Work Session at The Seven Rivers of Light Workshop and Retreat where we are called as a Family-in-Light into Highest Service. If you feel drawn or are guided to attend our latest Workshop/Retreat, please contact me for further details. The Workshop alone requires an investment of £345.67 and the Residential Retreat requires an extra investment of £222.22 which makes a total package of £567.89.

In Highest Service with You, in Unity Consciousness, **Lizzie xxx**