

Spiritual Rays Holistic Centre



July 2008 Newsletter

New Meditation CD Released!

MEDITATION TO ARCHANGEL RAPHAEL

I have received numerous requests from clients to continue recording meditations and I am honoured to present my second meditation recording. This is a meditative journey to meet Archangel Raphael. Archangel Raphael is the Archangel of Healing and in fact his name means "God has healed". By using this meditation you will receive healing from this wondrous being of light. During the meditation, Archangel Raphael directs healing to any particular area of your body that you request him to. This is a very special meditation and one which can be repeated many times for healing purposes. Working with Archangel Raphael also increases your psychic powers as he is in charge of the third eye chakra which is our psychic, intuitive centre. I hope you enjoy this meditation and that it assists you on your spiritual journey.

UPCOMING EVENTS

**Reiki 1 Course
26th/27th July,
2008**

**PLACES ARE
LIMITED**

[See Special Offers](#)

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**TWO FREE NLP
TALKS**

26TH JULY, 2008

16TH AUGUST, 2008

ALMOST FULL

[Register Here](#)

New!
**SPIRITUAL
AWARENESS COURSE**

[Buy Now](#)

The Recession!

In economic times like these where people around us tend to say to be in a time of recession (whatever this may mean for most of us, living in relative abundance), it may feel like a challenge to stay positive and uplifted. Many people around you may talk about how things are going for the worse, which creates a negative feeling space around you. I guess this is what the term "self fulfilling prophecy" is all about: as long as enough people start talking and feeling that things are going to be bad in the near future, changes are they will because this is what gets focused on! Quite ironic really when you think about it.

However, as you know by now you always have a choice as to how YOU go about this and how you let this affect your life. Even though you may be tempted to take part in this "recession talk" and even though you may have some challenges yourself you don't have to take part in this negativity as it doesn't serve you at all. Instead, choose to focus on all the positive things in the world and your personal life: life is "still" very good for most of us if you think about it! Especially in times when more people around you are creating negative energy it is very important for you to counteract this with a strong

ON

1ST AUGUST, 2008

10 am - 6pm

**LAW OF ATTRACTION
LAW OF ALLOWING
LAW OF DELIBERATE
CREATION**

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[See Special Offers](#)

Meet your Guardian Angel Course

8th August, 2008

10 am - 5 pm

€90

[Register Here](#)

[Pay now](#)

Reiki Circle Social Evening

20th August, 2008

€25

An opportunity to share Reiki Healing with others who are trained in this ancient healing technique. We can learn from each other also as we share our healing



feeling of happiness, trust and positive reinforcement of your goals.

Choose to create abundance and prosperity and trust the Universe in the attraction process, despite anything others may say or despite the doom and gloom newspapers might feed you. As a result, people around you may even get inspired as well!

So I encourage you to disregard all negativity as much as possible and instead to stay positive and focused on your amazing goals and dreams. Make sure to mix with like minded positive people, see the beauty in everyday abundance and make sure to practice gratitude on a daily basis. This is YOUR life, YOUR journey: choose to make it as magical as possible.

POSITIVE AFFIRMATIONS

DO THEY WORK?

Perhaps you already know that it is important to think positively, in order to attract more positive outcomes.

You know the advantages of focused thoughts and have also ventured into making some positive affirmations for your daily use. Yet, despite repeating them like a mantra for several times a day, you've not met with any success.

You're just about to give up and proclaim that positive affirmations do not work. I

experiences.

If you trained with me and this is your first Reiki Circle - there is no fee payable.

**Must register/
pay in advance.**

[Register Here](#)
[Pay now](#)

Learn to Meditate **Brand NEW!** Meditation Course

21st August, 2008
25th September, 2008
23rd October, 2008
20th November, 2008

Fee €80
25% to charity
[Register Here](#)
[Pay now](#)

Rainbow Angels Course

Working with the
Archangels of Colour and
the Chakras for healing

**22nd August,
2008**

10 am - 5 pm

would like to share with you a couple of key teachings so that you can be on your way to making positive affirmations properly and quickly.

What Are Positive Affirmations

Affirmations are positive thoughts or statements on a desired state or outcome.

The desired state or outcome can cover any aspect of your life such as in abundance, success, relationships or health.

Using affirmations is powerful because consistent thoughts become realities.

Hence, the more often you reinforce the positive, the more it is likely to happen.

While you would prefer to believe that you are a positive person, in reality, it is more likely the opposite.

On a subconscious level, you may have several negative self sabotaging thoughts and beliefs.

These thoughts are usually formed from the various experiences that you have had, the conditioning that you went through as a child, your sense of fair play, your successes and failures and the values that you have been taught and come to adopt.

Consistent thoughts make up your belief system, when you give them power and more focus. They form the "metaphors" which you

€100

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**Reiki 1 Course
30th/31st August,
2008**

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frequently consult everyday in your life.

If the "metaphors" tend to be negative and limiting, they can hinder you from taking risks, achieving your dreams or simply being the best that you can be. Here are some common examples of "metaphors" that are not very useful:

- "Don't rock the boat."
- "Don't risk getting hurt."
- "Know where you come from."
- "You are not all that capable."
- "Don't draw too much attention to yourself. No one likes a show-off."

"Money is the root of all evil"

Positive affirmations are statements that can help replace these metaphors".

If you would like to learn more about the Spiritual Laws of the Universe and how you can work with these laws to ATTRACT what you wish to have into your reality.. attend my new course in

SPIRITUAL AWARENESS

This course outlines in great detail (with a large emphasis on practical exercises and meditations - which you can bring away with you), how to attract whatever it is that you

want in your life NOW!

**THIS COURSE IS THE KEY
TO THE FUTURE YOU
WANT!**

[Register](#)

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