

Spiritual Rays Holistic Centre

www.spiritualrays.com

SEPTEMBER 2008 NEWSLETTER

Guardian Angels



When you incarnated into this world, a Guardian Angel was assigned to you to give support and love on your journey. This special Angel is charged with helping you to identify appropriate goals and to grow and mature in wisdom, and to find inner peace. Guardian Angels are direct expressions of the loving energy of God, sent to us to watch over and help us. They are pure love and bring to us only what will help us, guide us, protect us and encourage us to aspire to the very best qualities of our soul. Guardian Angels are with us before our conception, when we too are in soul form. They accompany us through birth and are with us in every thought, word and event we experience in life. Guardian Angels are committed to us for the entire journey of our life - they never leave us and we are their only occupation. They will be with us when we leave this life and when we are, again, a soul in heaven. Talk to your Guardian Angel even before you know their name. Practice communicating with them and have patience. Treat your Guardian Angel just as you would your dearest and most loving friends. Take time and gradually build a relationship with them.

SPIRITUAL RAYS COURSES COMING SOON!

OCTOBER 2008

3rd Rainbow Angels Course €100

18th-19th Reiki Level Two €350
23rd Meditation Group Evening

31st Ask & It is Given (Law of Attraction) €180

NOVEMBER 2008

1st Meet your Guardian Angel Course €90

15th-16th Reiki Level Three €500
20th Meditation Group Evening

21st Rainbow Angels €100

29th-30th Reiki Level One €250

Prayer to my Guardian Angel

Angel of God,
My Guardian dear,
To whom God's Love commits me here.
Ever this night be at my side.
To light and guard
To rule and Guide
Amen.

Barbiel: the Guardian Angel of October

Angel Barbiel can help subdue challenges and problems that may confront people under his dominion.

Angel Barbiel has power over suffering and terror, over which man makes against God, over common privileges. He compels the conscience to obedience, and also forces evil to keep their agreements with men and vice versa. He governs the life and death of all creatures, has power over departed souls, and gives to man the knowledge of theology, metaphysics, and geomancy.

Angel Barbiel rejoices as we reap the harvest of what we have sown in life. October is a good time to step back from our projects and our dreams and to take a hard look at what we have actually accomplished. Angel Barbiel helps us to be honest and objective about what is good and what is not. With this help, we can face clearly the consequences of our choices over these past seasons. We will taste our harvest and reject what is bitter or unripe; we will make note of what worked and what did not, and we will change for the better. Angel Barbiel teaches us that the greatest fruit of our personal harvest is understanding ourselves.

**Meditations
Available at
Spiritual Rays
Holistic Centre**

**Meditation to
Archangel
Gabriel
& Grounding
(Double CD)**

**Meditation to
Archangel
Raphael**

**Chakra
Balancing
Meditation**

**Coloured Globe
Meditation**

**Relaxation
Meditation**

**Meditation for
Inner Peace**

**Be Happy Now
Meditation**

**All these
meditations are
written and
recorded by me
and are unique
and special.
They carry the
energy of
unconditional**

This month of October shows the importance of fair judgment that must be applied to oneself and others. This month teaches us to appreciate the process of staying focused on the knowledge to make the right decisions.

If you were born on this month of October, you have an inborn gift of being passionate, emotional, practical, strong willed, industrious, secretive and have intuitive powers.

Pranic Healing Workshops in Ireland.

Contact Paula Flaherty | **Contact Lulu Hynes**

The Blue list are workshops run by Lulu Hynes, see Lulu's contact details below.

The Red List are workshops being organised by Paula Flaherty. Paula's contact details are listed below also.

BASIC PRANIC HEALING: LEVEL 1 (WEEKEND WORKSHOP)

11th -12th October, 2008 (Saturday & Sunday)

Venue: Cork Heritage Park, Blackrock, Mahon Cork.

PRANIC PSYCHOTHERAPY: LEVEL 3 (WEEKEND WORKSHOP)

31st October, 2008

Marianella, Redemptorist Fathers, 75 Orwell Road, Rathgar
Dublin 6

PRANIC CRYSTAL HEALING: LEVEL 4

1st & 2nd November, 2008

Marianella, Redemptorist Fathers, 75 Orwell Road, Rathgar.

FOR FURTHER DETAILS ON PRANIC WORKSHOPS

2007/2008 CONTACT:

love, peace and healing. During each meditation I was connected to Spirit and so they hold this high vibrational energy.

All meditations can be purchased on my website.

Purchase Now

L.H. Hynes, Tel/Fax: (094) 9023255;
Mobile: (087) 637 6401 :
libra2609@gmail.com

OTHER PRANIC HEALING WORKSHOPS IN IRELAND.

4/5 October 2008 - Advanced Pranic W/Shop -
Clifden, Co. Galway

18/19 October 2008 - Basic Pranic Workshop -
Galway

25/26 October 2008 - Basic Pranic Workshop -
Clifden

30/31 October 2008 - Pranic Psychotherapy -
Dublin

1/2 November 2008 - Pranic Crystal Healing -
Dublin

15/16 November 2008 - Basic
Pranic Workshop - Cork

13/14 December 2008 - Basic Pranic
Workshop - Galway

Paula Flaherty of Inishturk South Retreat
Contact Email:

info@inishturksouthretreat.com

Please contact Paula re any of the above
dates. Tel: 087 2185578

10 SIMPLE STEPS TO HAPPINESS!

BY CRAIG NATHANSON

Have you been wondering if happiness is even possible?

Yes, it is!

Deep inside, we all want to be happy, especially in the middle part of our lives. We also seek a simple process, and a new secret to reach this lifelong goal.

Well, I have a simple answer and, of course, a longer answer.

The simple answer is: choose to be happy! It is that

easy, and that hard.

If you find this difficult, you might seek this path through your work. What we do determines who we are and who we become. Since work takes up the majority of our waking time, this is a good place to start. So here is what you have been searching for all your life -- a ten step proven method to happiness.

Yes, it's that easy (and that hard!)

Step One: Describe the parts of your life you are NOT happy with.

Sometimes it takes defining and writing down the things in your life that are not making you happy. Only you can define this. Be honest with yourself. This is your private list. Examine all elements of your life. Think deeply about this. Reflect deeply on your relationships, your finances, your work, your health, and most importantly, your emotional state. Are there elements in this list that you are not happy with? Identify them, and write them down.

Step Two: What needs to change now?

From the list you made in Step 1, what must change now to bring you greater happiness? What's keeping you from moving towards what you want in your life? What is bringing you more pain than pleasure right now?

There is a difference between what should change and what must change. Changing something that is not bringing you happiness is not easy. Usually people will only consider change when the pain of NOT changing is greater than the pain of changing. What kind of trigger would make you say enough is enough? Has this trigger already occurred? Write down what must change in your life NOW.

Step Three: What work could you do for a lifetime?

I have found the best approach to achieving happiness

is through our work. Your work can give you a sense of pride, self esteem, fulfillment, and meaning. Loving your work can improve your quality of life, relationships, and emotional state. Loving your work also leads to a better financial state -- once you do work you love, you will suddenly find creativity you never knew you had.

Jobs only lead to careers, which lead to retirement, and then death. Vocation is work you can do for a lifetime. Write down the work you would love to do, and that could last your lifetime.

Step Four: Envision your perfect day.

Envision right now what it would be like to live each day the rest of your life doing the work you love. Don't just think lightly about this. Think deeply about your entire day, and include every detail. When would you get up in the morning? What would you do? Think about the pattern of your entire day and evening, centered on the work you most want to do.

This isn't JUST a motivational exercise. You are imprinting on your mind's eye exactly what you want, and what activities would make you happy. Be careful what you imprint, as you WILL start to move towards it.

Step Five: What are the next steps to take now?

What actions could you take today to start these new habits? Research has suggested it takes doing something seven times in a row to develop new habits. What can you do each day for the next seven days to move forward?

For example, perhaps starting today, you can set aside a half hour each day.

On day one, write down your new goals, and what must change in your life.

On day two, perhaps you decide to tell someone else your decisions.

On day three, you do a little reading and research.

On day four, you make a phone call.

On day five, you make a plan to get closer to your goals.

On day six, you practice doing what you love.

On day seven, you talk to someone who is doing the work you most want to do -- this gives you new ideas.

Suddenly, you find you have developed a new habit as well!

Step Six: Give yourself some advice.

In mid-life, the best advice can come from within yourself. Imagine having a meeting with the inner you: describe your unhappiness, and more importantly, discuss what you most want to change right now. Hear yourself describing the challenge. Listen carefully to the advice the inner you gives. Some of you might call this intuition; others gut-feeling. Write down the advice you receive. Read it, think about it, cherish it -- follow it now.

Step Seven: Make a money plan.

If you lost your job today, how long could you go without making any money? What resources could you tap into to extend this time?

How about your retirement fund? After all, you won't need this because the only people who retire are people who don't love what they do. In mid-life, when you're going through major changes, you need free time more than you need money. Once you start to work at what you love, how much do you need to make before taxes?

Remember, there is a difference between "need" and "want." There is always some downscaling needed for the first few years when you make a major transition from "just a job" to your lifetime vocation.

Step Eight: Tell your loved ones what you are doing.

Notice I said "tell": don't ask permission. If the relationship is on solid ground, your second half will respect the fact that you have given your life some deeper thought, and have decided to change. They

know this will make you happier, and your happiness will make your relationship even better. On the other hand, if you have asked for permission and not received it, then you have a different challenge. This stops many people.

You can benefit greatly from supportive loved ones, but you can die inside if you are living with people who only cheer you on when you are sticking with the status quo. If this is the case for you, you MUST change your team sooner or later

Step Nine: Celebrate.

Reward yourself with every step you take. This will reinforce your path towards greater happiness in your life. Make sure your rewards are healthy for you, and for those around you.

Step Ten: Keep the momentum -- keep moving forward.

Don't let a day go by when you are not working on your OWN happiness. This is not selfish. In fact, it is the most unselfish thing you can do for yourself at this stage of your life. As you create more happiness for yourself, you will find that your life just works better at all levels. Those around will also notice and appreciate the difference.

You could just choose to be happy now -- that's the easiest course -- but if you need a little jump start, try these ten steps NOW.

[My Website](#) | [Calendar of Workshops](#) | [Listen to CD's](#) | [Register for Workshop](#)