



Northern Lights

May 2006

Welcome to the 2nd edition of Northern Lights!

Just to remind you all that this newsletter is here to keep you all updated with the wonderful goings on of Transference Healing here in the North of England, the UK and the world!!

Beltane – 1st May

I find it truly wonderful how these newsletters **coincidentally** manifest themselves around the sacred Celtic/Pagan Festivals of the seasons, that our ancient ancestors created due to their beautiful connection with Mother Earth. The fire ceremony of Beltane marks the start of summer and the fertility of the land and family for the coming year. Handfasting (Pagan marriage) takes place as the Sun and the Moon unite, creating the sacred marriage or union representing balance and creativity.

Like last year, Phill and I travelled to Thornborough Henges to celebrate with the Sacred Brigantia Trust and about 200 other people from many different backgrounds and parts of the country. I truly love this experience as not only do the SBT put on a good ritual show with much spiritual and comedy value but also it is so inspiring to see in a public display the recognition and balance of both the God **and** the Goddess. I find it especially empowering due to the lineage I hold and for the reason I feel I have been guided to live here in the north east:

To inspire and support the return of the Goddess frequency, to bring harmony and balance to Mother Earth and her inhabitants.

It is clear to see the creative aspect of Beltane in the blooms and buds of the countryside, the courting of the birds and animals and the farmers working hard with the land. As always I feel Mother Nature's cycle within me and I too am bursting with new ideas and creative thoughts and feelings, that I'm desperate to put into action, after what feels like a slow and introspective few months. The creative aspect in all of us is a very feminine attribute and I encourage you all to find something that stimulates you in this area; my creativity comes in many forms, running TH energy, baking, gardening, dancing, and making cards! Make some time to discover your own creativity; it will lead you to more enjoyment, vitality and passion in your life, which will increase your growth and self discovery ten fold! After all what is life if we cannot enjoy the journey?!

Workshop Updates

There are still a few workshop spaces left on the spring and summer programme, so if you have been feeling stuck or indecisive about taking that next step, know that the Universe will give you all the help and resources you need to feel supported in attending whichever one you feel drawn to! Let your intuition guide you! The workshops that have taken place so far have been very profound for both myself and the clients that have participated and it is great to see them take that huge leap and come through the other side bursting with empowerment and excitement. For most learning to run TH energy is a remembrance of past life gifts and talents and that beautiful connection to your true inner and higher self, that so many of us are searching for! Please feel free to call with any queries or questions and to check availability for the workshops.

Transference Healing Tools

Stock has been arriving frequently from TH Australia and it feels like my house is constantly full of bubble wrap! It's great to see so many of you understanding and enjoying the profound tools that we have available as they really do accelerate your growth and guide you a little easier down your own path of healing and ascension!

Templates

The "Prayer of the New Millennium" Template is an invaluable and easy to use tool that has been channelled by Alexis to support humanity in clearing, refining and balancing the emotional and etheric body. Just by reading the coded words to yourself when required, you will release pain, fear and struggle by letting go of old negative energy and patterning. With use over time, it encourages further chambers of the heart chakra to open allowing trust and faith in the Universe and our own divine healing and ascension process.

I find this inspirational tool very useful when I'm feeling very emotional, stuck in fear or caught in the restrictive process of the mind, just reading it once shifts my density and rigidity and reminds me to "trust" and all will be well!

Clients have also been finding this a precious way to start meditating on a more regular basis as they feel it gives them a focus and a place to start at each session. Whichever way you choose to use it, know it will help you to break through your limitations within the emotional and etheric body and lead you to a lighter and more peaceful future! (I do recommend laminating all templates as to protect from high usage/handling)

[The Prayer of the New Millennium Template costs £11](#)

Countdown to 2012 CD

This is a recording of a profound presentation and mass healing given by Alexis at a spiritual conference in Australia, educating us on the earth/human changes and the lead up to 2012 and beyond! It also includes an amazing in-depth understanding about the background of Transference Healing and the energies and frequencies of light that support Alexis in mass healings. The CD and particularly the final meditation continues to resonate a divine healing and ascension process for all who listen to it, just as it occurred the day it was recorded!

There really is some amazing information in this CD and each time you listen to it you learn something new, but obviously I feel this is more than just absorbing information! It really is connecting and aligning you to the frequencies and energies of Transference Healing and your true inner light and sense of self.

[The Countdown to 2012 CD costs £16](#)

Crystals

Thanks to a lovely new wholesaler in Whitby I have been able to source a wonderful variety of high frequency crystals for you to buy. Prices start at £1 and range from the gorgeous milky colours of moonstone, (useful for all physical female problems) to the strong vibrant gold's of tigers eye (useful for balancing yin and yang energies.) There are 3 particular crystals I stock which are proving ever popular and I really do recommend them for all of my clients:

Garnet: The ultimate "trust and faith" crystal that helps to keep you on your inner path of light, it is also great for building self-confidence and perfect to use during a time of crisis! For me this crystal allows me to "Let go and Let God!"

Amethyst: Ideal for the cleansing, clearing and releasing that takes place after each TH session. It is the violet flame of transmutation in a physical form and will help to release negativity and blockages. Great for use in meditation also!

Pink Tourmaline: As most things in life, this crystal is all about love, teaching you that it really is safe to love others and even yourself! It is a great teacher of compassion & forgiveness and allows painful emotions to be released gently from the heart.

On your next TH appointment why not have a look/feel/experience of these 3, and all the other crystals to see if you would like them to help and join you on your journey back to wholeness and completion!

Taster Sessions

When trying to explain TH to your friends, family and colleagues, I'm sure you get tongue-tied, embarrassed or just totally go blank as to how Transference Healing helps you! I know I used to! What used to make it even more frustrating for me is that I knew how much this kind of energy work could help so many of the people I cared about, if I could only just get them to experience it and see how easy and simple it is!

Transference really is very advanced technology and you really are templating and leading the way for the rest of humanity by working on yourselves in this way, so it's not surprising that it is difficult to find the right words or way to express this type of healing to others!

For this reason I have decided to offer ½ hour taster sessions to encourage your friends, family and colleagues to experience TH energy and procedures. This will take the mystery or sometimes even misunderstandings out of peoples thought process about energy healing and educate people to see that we can all self heal in the moment! The ½ hour session will be held here at our sacred space and include: 15minutes of me running energy on them and 15 minutes of interpretation/information. This is a really nice brief introduction to experiencing TH "energy" and gives a subtle indication as to what may need to be worked on in the future. It is about making them feel comfortable enough to understand what TH is and why it means so much to you and if they want to, take the next step in having a full one to one session.

For those of you who live further a field and feel it is a long way for your loved ones to come for ½ hour, I am offering the opportunity to come to your location and run energy from there. All I require is a clean, clear, quiet space with room for 2 chairs and a minimum of 5 taster sessions booked one after the other. To cover travel time and costs I will be charging these sessions at £18 each instead of £15. What I will also do is give the organiser a discount of £5 (to be used on their own one to one sessions) for each new client that books a one to one session. If you feel this is something you would like to get your friends and family involved please contact me and I will give you some tips on how to go about setting it all up!

Animal Magic Card – Griffin

I felt guided to draw a card for this month's newsletter and for you all, and I am very pleased to tell you that it's the mythical animal, Griffin! Griffin is a noble creature with the head, beak and wings of the eagle and body of the lion; it oozes empowerment and works closely with the power centre drawing in attributes of strength and endurance. This card tells me that there maybe difficult circumstance and spiritual initiations happening for you at this time and Griffin has come through today to help you clear a new level of self worth, releasing internal struggle to create a state of balance, enabling you to overcome times of adversity and pain! Griffin will help you to refine your ego and power centre so you can evolve into a higher level of consciousness! A truly profound card that is no doubt perfect for you right now! Power is one of the many things we come to Earth "school" to learn about and as you evolve more into your higher self and hold more light you will be rigorously tested in this and many other areas. Of course these initiations are all about profound growth and nothing to be scared or apprehensive about, in fact I find knowing that I'm going through a spiritual initiation makes it much easier for me to cope with! It's almost like a new level of strength and determination comes through to succeed the test!

If you really relate to this card, call on the energy of Griffin right now (and at any time) to support and help you through any demanding situations and challenges in your life! Know that all is perfect for your learning and your growth and you will easily succeed in the initiation at hand.

Cancellations

As Transference Healing grows, my time and appointments are becoming more and more sought after! With this in mind I am having to implement a charge for cancellations that are made without 48 hours prior notice. This amount or time enables me then to contact other clients who may be waiting or require an emergency appointment!

If you do feel unwell or out of sorts leading up to or on the day of your appointment, know that this is perfect and all in divine timing. Your body is just preparing itself for a big change by clearing and releasing before the appointment as it's not always possible for it all to be done in the time that we have together. I encourage you to attend your appointments "whatever" is happening in your life, as it will really help you to cope with and work through any initiations or illnesses. Thank you in advance for your co-operation and understanding!

Transference Healing Website

There are now new and exciting channellings on the Transference Healing website, www.transferencehealing.com that will be of great interest to you, especially if you do not have the **Beyond Doorways** Book or **The Animal Magic Book** (as these extracts are mainly from these publications!) If you enjoy what you read, further information can be obtained by purchasing these products, or by attending the accompanying workshops, which will provide you with more detail and comprehension, as well as, empowering you with your own self-mastery and ascension process! ENJOY!!

I'd like to leave you now with one of my favourite quotes that always helps me to cut through the illusions of life and know that we can choose happiness in each and every moment!

The real voyage of discovery consists not in seeing new landscapes, but in having new eyes. --Proust

I am honoured to be joining you in your journey home to the stars and look forward to seeing you all again soon!

With much love, light and faith.

xxx Nicola xxx