



Northern Lights

October 2006

Welcome to the 3rd edition of Northern Lights!

Dedicated to keeping you updated with the ever growing and ascending frequencies of Transference Healing here in the North of England, the UK and the world at large!!

Samhain – 31st October (Halloween/All Saints Day)

Samhain is an ancient festival which dates as far back as ancient Egypt; it marks the end of the old and the beginning of the new. On a physical aspect the harvest is over, the animals are brought in from the fields, and the first sights of winter are among us. On a spiritual level the triple Goddess is now in her third aspect of the Crone: the keeper of the people's wisdom and the sacred ancient mysteries. The "veil between the worlds" of the living and the dead is said to be at its thinnest on this day and the Celts looked to their dead ancestors to bring them guidance for the coming year, extra places were set at the table and food set out for any who had died that year. In order to protect themselves from what they deemed evil spirits the Celts would appease these energies by offering them treats and it is said that the custom of wearing costumes on Halloween comes from the Celts disguising themselves, so the evil spirits would think that they belonged to their own company! All very interesting don't you think to see how the ways of ancient Britons are now so incorporated into our present reality.

Alexis Cartwright's Visit

With the first Transference Healing Mystery School soon to be upon us (January 2007) the demand for advanced level training this year in both the UK and Ireland has been massive (participants of the Mystery School need to have completed the fundamentals, advanced level and teachers training). Alexis Cartwright the channel and anchor of Transference Healing, is currently the only person ordained to initiate this workshop so we were all really pleased to welcome her back to the UK in September for a week of advanced level, teacher training and trance channels. As a healer and teacher of this amazing modality for over 2 years now and having met and spent a reasonable amount of time with Alexis, it is still and I'm sure always will be such an amazing experience and honour to work with her, as the truth and power she emits is beyond words. Her visits are a great opportunity for Phill and I to re-sit and understand the amazing but intense technology that is the advanced course. Like any Transference Healing workshop we go through our own purification and cleansing process, breaking through our limitations and restrictions as we go. On our return home we continued our purification process for what seemed like forever but as we started our integration of new frequencies the revelations and insights appeared and we rejoiced in our rebirth process, awakening with anticipation every day to see and feel the new higher aspects of ourselves.

Light Body Essence Readings - £15

If you have friends or family who aren't quite ready to experience Transference Healing energy on a one to one basis please let me introduce to you "Light Body Essence Readings". This essence is what you get given at the end of each one to one session. It is a mixture of purified water, a dash of vodka and many different vibrations, all of which are divinely chosen to support the healing process. What I recommend for prospective clients, to get accustomed to the high vibrations and frequencies of Transference Healing is to have a Lightbody Essence Reading. This is when I connect to the chosen person's energy field and am divinely guided as to what vibrations are required; I will then complete a written reading to accompany the essence. This is an easy way to introduce the people you love to this healing modality and to encourage them to raise their own vibrations. It can sometimes be confusing and difficult for the people closest to you, as you are growing and changing so rapidly. They basically find it hard to keep up and find it even harder to understand where the old you has gone and who this new person is that they wake up to! By taking the Lightbody Essence it will allow them to experience on all

levels the profound energy of Transference Healing, and the reading will help both you and them to have a more conscious understanding of their own ascension process, what better gift this Christmas!

Crystals

As the death and rebirth of Alexis's visit took place within myself and my reality, as always I had to make changes that enable me to hold the new higher frequency. This normally means a trip to the charity shop with clothes that don't seem to reflect the new "me", lots of house cleaning and clearing to help template the new energies into our living space and of course wonderful new tools to help sustain the frequency and ongoing growth. For those of you that have been to the Healing Room in the last few weeks will sense all of the above as the healing room has changed again and now incorporates Transference Healing products and lots more new and beautiful high frequency crystals. They reflect the upgrade and changes that have occurred both in me and of course for you too! It really is impossible for my clients not to be impacted as I grow and change.

With my new integration and learning process I have seen how important it is for us to ground our energy, this helps us to release unwanted energies such as negativity, pain etc, it helps us focus more in the now, get out of our heads and surrender to the transformation process! Crystals that help us to do this are normally dark in colour, more often than not black and sometimes not that pretty to look at but as we spend more time with them we see their beauty is in their "doing" The crystals below are perfect example of grounding crystals.

Tektite – These are the result of meteorites hitting the earth; they are a perfect combination of earth (terrestrial) and meteorite (extraterrestrial) combining to make a new material/crystal. Their greatest gift is teaching to understand that earth is a unique experience and allowing you to accept states of transformation, they enable you to communicate with other worlds and to open all aspects of self to new dimensions

Hematite – Helps you getting lost in dreaminess, non productive energy use, keeping you focused. Allows you to flow more with the earth, strengthening and energising your whole body when used as an exlir. This is a great crystal to help you come to term with and learn from mistakes, bringing through more confidence and reliability.

Black Obsidian Grids – Obsidian is a very heavy energy that some people find difficult to use for long periods of time as it brings so much up to the surface to look at. However the when used in a grid formation the effects are softer and not so hard hitting. To use the grid is easy just lay on a dark cloth, preferably black and place 2 obsidian crystals either side of your feet, 2 at each shoulder and 1 just above your crown. This is great for when you are clearing heavily, having Lightbody symptoms etc, when you need renewal and you can't see the woods for the trees! Rest for 20 mins, setting an alarm so you don't spend too much time in this powerful grid.

As well as all the exciting new crystals (including all of the above) there are still a few of the "old" crystals left on sale too so be sure to have a look at all of our gorgeous helpers next time you are here!

Cancellations

Just a reminder to new & old clients that a charge for cancellations will be made without 48 hours prior notice. 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/Lightbody symptoms. Thank you in advance for your co-operation!

Mystery School – January 2007

Phill and I will be attending the first Transference Healing Mystery School on the Big Island of Hawaii for most of January so there will be no TH appointments until Thursday 1st February. This is a 6 day a week course with long days out on location with intense study and homework given, so it is highly unlikely that I will be able to get out of bed on my days off let alone pick up any emails so please contact me on my return home with any emergency requests for appointments.

Well I'd like to be the first to wish you a very early but a very Merry Christmas and a new year full of much love, light and peace. It is an honour to be joining you, in your journey home to the stars. Look forward to seeing you all again soon!

With much love, light and blessings

xxx Nicola xxx

I would like to dedicate this issue to our little white angel Arnie who has now passed onto his next incarnation; we give great thanks for his copious amounts of love, playfulness and teachings. Both Phill and I and all our clients will miss our little earless friend who was such a healer in his own right!!