



## Gifts from Gaia - March 2007

### Welcome

It is a joy to share with you the new reflection and frequency of Transference Healing here in the North of England. There really is no "standing still" within this energy and just like you, I am always changing, evolving and finding new ways to express the truth of who I am. This is sometimes reflected in a change of wardrobe, a mega spring clean, a change in social circles, a different way of facilitating a TH session, a new gift and talent slowly emerging and of course a new sense of core identity coming through our ever changing belief system.

### Embrace the change

I truly feel that I have done all of these in the last 3 months and more change is implementing itself as we speak! I know that the same will be happening for you all, in different varying degrees and even though at times we can feel that things are out of control and happening so fast that we don't know if we are coming or going, rest assured that this really is a true blessing. When we are in the mist of huge change we are at the eye of transformation, we are co-creating and manifesting our new realities in each and every moment, so the best, and really the only thing to do is to "hold our light" and surrender as much as we can to "Divine Will" and the magical forces at play in our life.

### What you can do

The Dragon Power Procedure from the Beyond Doorways 1 Workshop and the Holding Power of Light procedure from the Fundamentals Workshop are vital at times of huge personal change and will really support the transitional process of releasing stored negativity, while connecting us to our higher selves and allowing us to be truly guided on the next step of our journey without fear or struggle.

It is only when we stop the Divine energy flow that is at play in our lives through lack of faith or fear of change that we can become, depleted, ill and stuck. We stagnate, procrastinate and stop ourselves from moving forward with ease. For us all, at whatever level, when this happens coming for a full Transference Healing session will allow the flow of the old patterns and beliefs to be decoded and the fresh, inspirational process of our new way to be integrated and sustained within our reality.

## Full Moon Eclipse

By now you will all have been experiencing the amazingly powerful energies of the Full Moon Eclipse that took place on Saturday 3<sup>rd</sup> March. I have been truly in awe of how profound this astrological transit has been and the effect it has had on every single person that I have come into contact with in the past few weeks. As with all divine cosmic support it has come to help humanity shift its frequency by releasing the old and allowing the new to come forth. This particular event has been clearing lots of old emotional suppression and restriction with many people suffering from "abandonment" issues (feeling disconnected from spirit) chesty coughs (pain release coming from the lungs & heart,) irregular sleep patterns and intense feelings of insanity and that life is a crisis. Below is some astrological information about this event that you may find interesting from the wonderful StarPriestess.com.

"Stress levels and emotions are running high as a tremendous force for change sweeps through our lives. Agitation peaks with the **Full Moon Lunar Eclipse on March 3** and New Moon Solar Eclipse on March 18. Uranus takes centre stage in the volatile March 3 configuration. **On March 18**, Pluto squares the Sun-Moon conjunction, **blasting through the assumptions and beliefs that have held us back as individuals, communities and nations**. When the Sun enters Aries at the Spring Equinox on March 20, it's truly a **new day for humanity** and the Earth. The eclipse series clears the way so we can move forward with passion, free from outdated patterns, conditioning and beliefs"

Spending time in reflection and meditation at a time like this will set your intent to change and help you to break through your inner limitations, allowing you to go with the flow and move forward with ease. We are blessed to receive such divine intervention leading up to 2012 and even though we may be struggling with the impact of the energies we need to remember this is for the greater good of Great Mother Earth and her inhabitants, as we all start to resonate higher frequencies at this time of transition.

## Essence Special Offer

To help support the clearing process of the current earth and cosmic energies, I would like to offer you the opportunity to purchase the aura essences at a very much reduced rate. These lovely essences cleanse, direct and nourish your aura (the reflection of “you” out into the world) and all corresponding levels of your subtle bodies. Most people are familiar with the “Purifying and Letting Go” spray but I would like to explain about the other wonderful essences that you may not be aware of that are made by my teacher and mentor Rena Mortimer.

**Welcome Home – Anchoring and Aligning** - Perfect for people who feel spacey and ungrounded as this essence will anchor you into the earth, connecting you to the electromagnetic core. Great for working with after meditation and running energy and for comforting people who feel homesick.

**Integration Glandular – Balancing and revitalising** – Great for emotional stability and hormone imbalances as this essence really helps the glands to absorb higher frequencies of light. The glands are a physical manifestation of our chakra’s and are responsible for our emotional well being, so it’s of vital importance that we work with them at this time of change.

**Integrating Cellular – Clearing and Lightening** – During ascension you are connecting to the “unused” space within your cells so that cellular memory can be released into your consciousness, bringing wisdom, knowledge and gifts. This essence helps to promote flow whilst helping to release density, aiding the process of decoding and recoding the DNA.

**Integration Electrical - Calming and Stabilising** – Working with the integration of the Lightbody means awakening a whole new aspect of the electromagnetic field, this essence supports this process and calms any sparking that can occur within the electrical system, it also helps with any unexplained inner shaking and nervousness.

At a very fundamental level these essences help keep your aura and subtle bodies in tip top condition, by using them regularly you will be constantly clearing “old” debris, allowing more light to enter, while helping to maintain your health and wellness. They are vital for use after Transference Healing Sessions, as this is the time we can release the most and if we allow this “old” energy to get stuck in our aura it can create physical discomfort and clearing symptoms like a colds and flu etc.

**Special Offer – Buy all four of the above essences for just £30 (saving yourself £10)**

## The First Transference Healing Mystery School – Hawaii

From the location to the initiations, the elements to the exchanges, the wildlife to the sacred tools, it was all such an amazing life changing experience that it’s hard to believe it was real. As the days have passed since our return home it becomes ever clearer how much we have changed, how our future has become even brighter and our destiny even more within our reach.

Words really have no justice where this or any other of the work that Alexis facilitates is concerned but as with any Transference Healing workshop, you pay for the duration of the course but what you actually get is a lifetime worth of change and transformation, a never ending source of opportunities and initiations and of course a doorway opportunity to be the divinity of who you truly are!

## Saturdays at Millers Yard Centre for Positive Living - York

The time has come for me to step out of my comfort zone and to spread my wings and Transference Healing further a field, to be of service to as many people as I can. In gorgeous Divine timing, Millers Yard is in the process of establishing itself in the centre of York as a Positive Living Centre that reaches and touches many different people in many different ways. Having been involved since the beginning and seen the building as just a shell it is fantastic to see the purity of intent that Dylan and Clare have incorporated into this amazing place. As most of you know it is vital to run Transference Healing in a clean and clear space to facilitate its high frequency, so I am truly blessed to have found such a fantastic city centre location, beautiful building and such great proprietors who understand what “we” are trying to achieve.

It is also fantastic to be in contact with other like minded therapists and as the Celestial Christ channelled through Alexis “When the Masters can unite, there will be peace on earth.”

I am currently working at Millers Yard on Saturday mornings and to encourage the people of York and the surrounding areas to try something new, for the months of March and April I am offering a full Transference Healing Session for just £30 (1.5 hours) and a Beyond Doorways Session for just £15 (.5 hours) both including Lightbody Essences. So if you know of anyone who would be interested in this special offer please let them know. York is such a lovely place with great history & culture, shopping, café bars and night life that even if your friends and family don’t live in York it would be a nice combination to experience the work of Transference Healing and spend time in this fantastic city that has so much to offer.

You can see what I am up to and the results of what’s going on at Millers Yard at [www.millersyard.co.uk](http://www.millersyard.co.uk)

## Jewellery

It is with great delight that I am now making and selling my own crystal jewellery, this is a creative gift that has been burning away inside of me for a very long time and I'm now so pleased to be able to channel and share it in such a positive way. Some of the crystals I am currently using I sourced in Hawaii and are very unique to what I have found over here, so be sure to look out for those on your next visit.

I am also channelling specific "healing" pieces for clients to help with deeper issues and woundings that take a longer period of time to heal. This gorgeous process is in fact how I came about creating the jewellery itself as I needed a piece to work with and over my navel and I just couldn't find anything suitable, so instead of giving up, I was divinely guided to make my own piece. This has been a truly amazing experience and had a huge impact in both the understanding and healing process of my navel.

All pieces are lovingly handmade with the finest materials all sourced and hand chosen by myself, all items are unique and will not be repeated. A short explanation will be given as well as a gift and storage bag to keep your sacred tool clean and protected. Please contact me regarding any of the above; it will be my pleasure to assist you.

## Workshops

Please find the enclosed brochure that shows the up and coming dates and details of the Transference Healing Workshops that I facilitate both at home here in North Cowton and in York at Millers Yard.

It really is a very empowering and satisfying experience learning to run energy on yourself as not only are you creating a stronger connection to your higher self/spirit, and allowing your feminine gifts of intuition and the opening of the psyche to come through but you are also taking responsibility for your own healing and ascension process and learning to self heal in the moment.

\*Breaking workshop news\* - Alexis Cartwright, the amazing Chanell and Anchor of Transference Healing will be coming to the UK from 7th – 18<sup>th</sup> July, details are currently online at [www.transferencehealing.com](http://www.transferencehealing.com) and a newsletter from Alexis with all the details will be coming out ASAP! This of course is an amazing opportunity for anyone to meet and work with Alexis as she only works in Europe once a year, but especially for fundamental graduates as the next level of "advanced" and "teacher" training, is only facilitated by Alexis herself. So take some time to get clear and set your intent if you feel this is the time for you! Please feel free to discuss this exciting journey of ascension and empowerment with me at any time.

## Appointments Times & Costs

As most of you know the way that I run Transference Healing is always changing and evolving as I listen to spirit to further the growth and evolution of myself and my clients.

Since my arrival back from Hawaii the energy has been even stronger and more profound than ever as I work with a deeper level of my purity of intent. This means in most cases it is taking the full amount of time, 45mins to run the energies.

This is all in divine timing as all of my clients are truly ready for this transition of less "emotional" processing/sharing, especially as many of you are fantastically taking so much more responsibility with regards to learning to run energy on yourself through the workshops. So with this change in mind I am now asking my clients to focus more on their own process in between sessions and tell me at the beginning of the session where they feel they are at so we can discuss any issues/blocks/limitations that have come up since the last appointment. With this intent in mind, after the energy has run, we can discuss how the healing has helped the inner resistance and how to move forward, through the initiation!

I've found already that this empowering way of working has really enabled me to help clients focus on what is really necessary for their own process of growth. It gives more clarity for the way forward and a further shift in consciousness. Less is definitely more in this case! It also enables me to work to the hour and half's appointment time which is great as this allows me to help and guide more people by being able to offer more appointments on each day.

With all of the above in mind I will not currently be increasing the cost of a 1.5 hours appointment (even though this is due to for review as I have spent so much time training with Alexis in the past year.)

From now on any appointments that go over the allocated booking will be charged as follows.

30 mins extra - £15

30 – 60 mins extra - £30

A double appointment - £75

I thank you all in advance for your understanding of this change, I know how much you honour my time & guidance and I really feel this new way of working will be of great benefit to us all.

**Sending you much love, light and peace on your journey home to the stars**

xxx I look forward to connecting with you again soon xxx