

TIBETAN PULSING HEALING

NEWSLETTER APRIL 2011



"There is a deep soul-level silence that is palpably permeating the planet right now. The human heart is opening and adjusting to the amplified frequencies of love, and many are left reeling from all that has transpired since March began." Lauren C. Gorgo

Well, we certainly have travelled deeper into our collective experience of change in the last few weeks !

It feels as though the shift to heart awareness has happened with the latest disasters, creating an opening of world-wide compassion and empathy, for the people of Japan, for the condition of our planet, for the whole of humanity and for ourselves personally. Everywhere we see and feel humanity opening up. We are experiencing 'oneness', we are 'feeling' the troubles in Japan, we imagine how it could happen to us, we feel there is a new urgency in issues of sustainability. There are many remarkable, simple yet powerful healing modalities being used, in which we can all participate.

See Adam Dreamhealer's visualisation to contain and seal radionactivity on U tube. His work on the Mexican oil spill was very successful. Also the simple heart based prayer of Masaru Emoto's to cleanse the water of radioactivity, a copy at the end of this newsletter.

With this opening we are also reeling with the flush of clearing that follows. Most of us are experiencing strong emotional and mental turbulence. Suppressed peoples are refusing to continue with disempowerment. The opposite forces are becoming more visible and more desperate in their attempts to hold back the surge of change.

A UK nuclear expert reports 'that in spite of the Japan crises, we should not abandon nuclear reactors, or the growth of this industry' in great disregard of public opinion. This control serves to deaden our response ability, ability to response, responsibility to our planet, and our ourselves.

The magnitude of change is awesome, many of us have waited a long, long time for this, but are feeling challenged by the waves of extremes. When we are in our hearts, we feel at ease, light, joyful and empowered. However if we entertain negative thought patterns, we can quickly become lost, overwhelmed and bogged down. This is the

time for integrated male and female energies, loving ourselves and staying balanced using discipline and awareness to acknowledge our feelings and reactions without getting engulfed by them.

A time for us to remember the bigger picture and stay heart centered, trusting our feeling nature, and intuition, rather than our rational self. We definitely are getting a chance to put into practice what we know !

CORNWALL WORKSHOP

During last weekend's workshop in Cornwall, we were working with the organ of the liver, which is about feeling safe, secure and stable. A beautiful Japanese artist woman, Izumi, attended, and she shared that during a recent arts course, whilst she was looking at a painting, suddenly all these Japanese faces were coming out in terror and she was feeling so much but did not know what was going on. She later found out this was happening at the time of the earthquake and tsunami. She felt compelled to come to the workshop and during a session felt soft powerful stabilizing healing energy transmitting to Japan and that's why she needed to be there.

ARIES, TESTES/OVARIES & HARA

So to give us a helping hand in holding our light, our strength and power, we arrive at our Aries workshop:

**Tibetan Pulsing Healing Planets and Pulsing 3 day workshop:
Sat.9th April to Mon.11th April. 9.30am start Sat. & Sun, 10am Mon.**



The organs we will be exploring, clearing and rejuvenating are our Testes/Ovaries and Hara.

Aries is the time of spring and renewal, thrusting with energy and vitality. Everyone is interested in regeneration, vitality, energy and light. So

which organs are responsible for that, our testes and ovaries. Small and incredibly sensitive, these organs are the light generators in our body. At the very beginning, when the sperm penetrates the egg of the ovum, there is a flash of light. Scientists have been able to record this explosion of light on film, giving proof of the living spirit within all of us. When



light is activated it gives us regeneration, rejuvenation and renewal.

Prostate cancer and menstrual problems are easily cleared by working these circuits.

This weekend we will be regenerating these precious organs of vitality. The colours of these organs are the colour of blood or wine red, burgundy.

The colour of the hara is post-box red and the hara is the centre of the pulse beat, the life force. Moving from our hara gives us strength, true strength, not from muscles but from the centre of energy. When we speak from our hara, we mean it, we are prepared to act. We feel our personal power. Problems with authority figures, anger and rage, physical weakness, compromised immune system, and allergies are to do with the dysfunction of the hara.

During the collapse of the twin towers, when the first tower was hit, a voice over the intercom in the second tower told everyone to stay put, "be calm and remain at your desks, the other tower has been hit"...two men responded to their hara, ignoring this instruction they ran to the lift. They made it to safety seconds before the second tower was hit. To lose the ability to listen to our hara is to lose our power.

At this time many people are experiencing a pain or sensation in the 'pit of their stomachs' this is a deeply visceral (emotional 2nd body) awakening happening in response to events. The hara is activating, telling us we need to regain our individual response-ability, as the men above, as animals that act with instinctual wisdom. This has also awakened many deeply buried emotional energies, the perfect time to pulse and clear our Hara !

This is it, this is the opportunity we all came for. Waking up on every level, to the game, to the dream, to the moment. Death can come in the form of a tsunami and it will not disturb us if we can be present to the moment, with awareness, without attachment.

If you would like to join us for the Aries workshop we would love to see you. This will be held at St. Peter's Church Hall, Barnet Road, Arkley. EN5 3HN. Please contact me for reservation on Tel. 01793 739069 or Mobile during time of workshop: 075284 26319. Website : www.tibetanpulsinghealing.co.uk

with love and joy to you all,
Susanne

Masura Emoto's Prayer :-

I have witnessed that water can turn positive when it receives pure vibration of human heartfelt prayer. Let us send our thoughts and gratitude to all water in the nuclear plants in Fukushima :

“The water of Fukushima Nuclear Plant, we are sorry to make you suffer. Please forgive us. We thank you, and we love you”

Please repeat three times with sincerity, thank you.