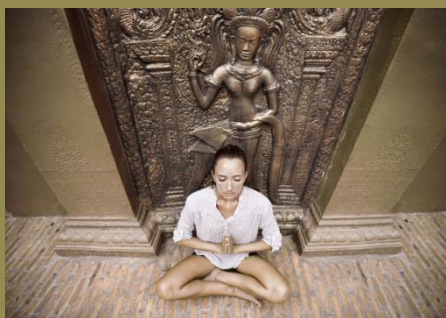




SOUL SANCTUARY

Welcome to the first edition of 'Soul Sanctuary' Newsletter.

The intention of this newsletter is to share information which will hopefully inspire, encourage or even assist you in some way. At times, I will offer information about my own life's journey that is deeply personal, but information I feel may be beneficial to you. I will also regularly touch on topics which might just shine a light on your current life circumstances and in doing so, offer you a slightly different lens through which to view yourself and the people and situations in your life.

Michelle Darby-Fay

Energetic Healer & Life Coach

Wise Old Man...

While travelling through Singapore many years ago, I came across a little old man on a street corner sitting on a milk crate reading palms. As I came close to investigate, he ushered me forward. I obligingly put out my hand. He immediately became quite excited and in broken English screamed 'Very luck girl! Very lucky girl!' When he finished my reading, I walked down the street but before I turned the corner, I looked back and thought to myself, 'What would a stupid old fool who spends his days sitting on a milk crate in his pyjama bottoms know anyway?'

In hindsight, it would seem, he knew a great deal more than I.

What that little old man could not articulate for me was that he could see the future I desired but had little faith in the arrival of.

Up until that point, what I wanted for my life had eluded me and what I did not want, I attracted with miraculous and unfortunate ease.

The Inner State and Its Power to Attract

I did not understand then, the immense power and role of your inner state (your thoughts and feelings) in creating what manifests in your world. As much as I wanted certain things, I also believed them to be unattainable. Why? Because, I based future expectations for my life on the disappointing outcomes of the past. My thoughts and feelings were embedded in the negative and that is what I attracted.

When negative outcomes occur, we sometimes find ourselves proudly parading and promoting the fact that our instincts were right. That we possess a sixth-sense or supernatural ability to predict future perils. We claim we knew all along of course, that things were not going to work out and lo and behold!

This unfortunately is nothing more than the ego delighting in being right, no matter the cost. The cost in this case, a limiting belief that negative expectations are your instincts protecting you rather than the truth, that they are in fact

creating negative events in your life.

Then, there are those things you can never seem to draw to you but desperately want.

We have all heard that old adage '*a watched kettle never boils*'. This and other pearls of wisdom such as '*love happens when you are not looking for it*' hold within them stronger messages than most realise with respect to their deeper meaning. That deeper meaning being, the negative effect of focusing your attention on the absence of something.

Consuming your thoughts with the fact you are waiting for something which has not yet arrived (thinking) and adding emotional fuel to that by lamenting its absence (feeling) becomes an energetic cocktail of resistance to the very thing you want to attract.

Everything you think and feel strongly about; positive or negative, you will attract. So, if you believe something you truly want will not arrive because it has to date, eluded you, your negative feelings and thoughts about it will push against it and delay its arrival. Therefore, the very thing you most want remains at arm's length and the very thing you do not want (more emptiness and waiting) increases because everything is energy and anything you give emotional energy to, grows.

So how do you loosen the energy of resistance and draw to you what you want rather than push against it?

Energetic healing will assist in releasing the underlying negative self-beliefs which are blocking you, and positive visualisation will act as a powerful tool in dissolving your resistance.

SHORT VISUALISATION TECHNIQUE:



Think of something that you currently want in your life which has not yet arrived. How do you feel when you think about this thing? If you feel excited and can imagine having it, you are currently drawing this thing to you.

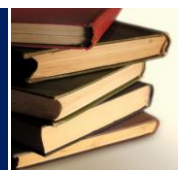
You are in the energy of positive intention and manifestation. If however, you are feeling sad or angry because it has not already arrived, you are pushing against it. The sadness and anger come from your belief that it may never materialise.

To begin to dissolve fear-based energy and shift your resistance...

... sit quietly, close your eyes and relax. Imagine going into the centre of your heart. Breathe deeply for a few moments and begin to allow your mind to go on a mental journey of *what if?* What if it did arrive, this thing you desire? What would your life be like after receiving it? How would you feel? What positive emotions would it bring into your life that you do not currently have? Imagine the new things you would do as a result of having it. Visualise all the ways your life would change for the better upon its arrival.

By doing this short exercise each night before going to sleep, you will begin to dissolve your resistance in drawing to you exactly what you want; be it a loving partner, new job or home.

The Book Corner



Recommended reading for dissolving resistance to manifesting what you want:

'Ask and It Is Given' By Esther & Jerry Hicks