

Energy of 2008



Two worlds. A gateway to find the balance between above & below within ourselves. Taken in Deux Rivieres, ON.

As 2007 came to an end much of the old surfaced for a final clearing. Old patterns, ways of thinking, actions & reactions and limiting perceptions of ourselves were raised to the surface, providing an opportunity to step out of the old and into the new!

It was a challenging time for many. But as with any

clearing or dark night of the soul comes the dawn of a new beginning. With a lighter & clearer sense of self and direction.

It is important during times of transition to ground your energy daily, strengthen your electro-magnetic field, and keep the physical body healthy & nourished and the lymphatic system balanced.

The energy alerts I frequently receive are inline with what I've been sensing... that 2008 will bring a time of great transition and wonderful manifestations!

Many are at a pivotal point in their awakening. It comes down to choice - choosing the life you want to live and take the actions to support those wants &

desires.

What do you want? What does your heart desire? What makes your soul sing?

The other theme that is ever increasing is that of community - coming together as one, while honouring our individual gifts & contributions. This will be the new way of BE-ing!

There are many ways to discover a community that resonates with you... start with what you love. The "Links & Connections" page on my website may provide a start to different communities to connect with.

Enjoy as you step into the expansive energy of 2008!!!

www.tarahealingsanctuary.com

New Beginnings—Cleansing & Nutrition

New Year's resolutions - to re-solve & create changes in our life.

Many opt to loose weight, eat healthier and adopt more balanced ways of living, especially after the indulging festivities of the season.

Back in the fall I was introduced to an amazing nutritional & cleansing program that may assist with your new years plan to better health and wellbeing.

It differs from dieting or weight-loss programs in that its focus is on cleansing the body of harmful toxins which accumulate in fat cells & joints, with results being fat loss, weight reduction, decrease in health conditions and overall improvement of health.

The products excel in the way they utilize a synergistic blend of nutrients from biodynamic farms, active enzymes, vitamins & minerals and natural herbs.

I completed a 30-day cleanse before the holidays and noticed a considerable increase in energy, improved sleeping patterns, clearer skin, and I dropped a whole pant size!!!

I completely support this company and its products!!

For more information:

<http://bodyelements.isagenix.com>

Here's to clean health!!!

New at Tara healing sanctuary:

? ?I am teaching a Meditation Flow class at Spynge starting Friday, Jan. 11 from 4:15 - 5:15 pm
www.spynge.com

? ?My photography is now available for purchase at
www.redbubble.com

? ?One of my photos has qualified for publication in a book called "Endless Journeys"!!! Can be purchased at www.picture.com

Points of interest:

? ?Bring more sunshine into your life with St. John's Wort oil - the red hue comes from the flowers that were infused with the sun's energizing rays!

? ?With the winter season upon us, ease the chill and condition dry hair & scalp with a treatment of rich coconut & essential oils.