

### *The Planet We See*

From L.A. up the west coast into British Columbia, across Canada and returning to Ontario, I have seen much and breathed in many different aromas...each area with its own distinct aromatic flavor.

When I arrived in Northern Ontario the distinct scent of fresh pine sap filtering through the air was so beautiful! So fresh! Awakening and clearing my auric field and mind!



One of the beautiful things about experiencing many different

lands in a short period of time, I came to really appreciate what each area offers in its uniqueness. All, so beautiful and inspiring. All offering a fresh perspective from the expansiveness of the ocean to the stillness of the prairies to the magnitude and power of the mountains to the lush green awakening forests and fresh water blue of Ontario!

As we drove through each landscape I felt my body

aligning with the energies of the land, infusing my body with the gifts from the land. Awakening more fully to the beauty of this planet.

We truly do live in a world with many lands that are a spectacle to see and wonder to experience!

I feel so grateful to be a part of this world and to witness the beauty that is at our fingertips! I wish that we all have the opportunity to see the world and play in her magnificence for centuries to come!

In light of the oil spill that is seeping into the ocean, I send out this prayer and healing energy to rebalance and restore what is in disharmony:



We set the intention to heal and clear all greed, all imbalances in regards to control and money and power, manipulation and power struggles. We set the intention and pray that all hearts of all



men and women be healed and set free, that we all be filled with love, acceptance, peace and compassion for all. We call in the energies of balance, restoration, renewal for all beings, including the planet and her elements. We pray that the waters of the earth be cleansed and cleared from the greed of men. We ask for forgiveness as we move into deeper states of compassion and grace and feel the oneness of all.

And so it is.

We know that intentions and prayers heal and have the ability to transform...there is power in numbers. I ask that you take a moment to send out a wish, a prayer, an intention for healing and peace for all the hearts of men and women on this planet to open to light, peace, freedom and love. Being that we are all connected, when we each stand in our power and choose to heal within, the ripples extend out in magnitude to heal all.

[www.tarahealingsanctuary.com](http://www.tarahealingsanctuary.com)

### *CA to CA*

As most of you know, over the past year I have been spending time in both Canada and California...loving both equally! And yet was trying to make a decision as to one OR the other.

After this last trip, I can truly feel and say that it is both. It is Canada AND California!

As August approaches, my business will be moving through some areas of expansion. I still can't believe that it has been 7 years, 5 years registered as my current business...the time to renew and REBRAND has come!!! With an up-coming new website!!!!

Exciting growth and expansion is on the horizon and I

am very excited to share ALL of it with you!!!!

And, even with the travel around the world, I want you to know how much I love all of you and think of you often. You are with me and a part of me and the healing waves every single day!

Stay tuned.....

### **NEW AT TARA HEALING SANCTUARY:**

- ◆ I am back in Ontario for 3 weeks, seeing clients from Wed, June 9—Mon, June 28. Please contact for availability in Toronto, Ottawa and Northern Ontario. I look forward to seeing everyone!!!
- ◆ While traveling, phone healing services are always available! Global access!!
- ◆ Meditation CD half-way there! Finalizing the music!!!

### **POINTS OF INTEREST:**

- ◆ Did you know that being in a state of love actually boosts your immune system, lowers your heart-rate and blood pressure and allows all of your body systems to function beautifully!
- ◆ Your skin actually glows when you are in love because of the happy endorphins that flow through your body!
- ◆ You can be IN—LOVE anywhere, anytime, with anything or anyone! Begin today by loving YOU!!!!

## Waves of Inspiration

HERE'S A TASTE OF ONE OF MY FAVOURITE NEW MUSICIAN'S LYRICS:

### AS I AM

".....I KEEP MY HEART WIDE OPEN NOW KNOWING IN LOVE IT CAN NEVER BE BROKEN

AND SO I KNOW THAT I AM FREE.

AND KNOWING TIME IS OVER AND THE PUREST OF THOUGHTS IS LEFT AS IT'S TOKEN

I'VE FINALLY FOUND THE LOVE IN ME....."

FOR MORE OF KING GABRIEL'S MUSIC PLEASE SEE HIS WEBSITE OR YOU CAN FIND HIM ON ITUNES  
[WWW.KINGGABRIEL.COM](http://WWW.KINGGABRIEL.COM)

HEAVENLY WORDS FROM MY GODDESS FRIEND PAM GERRAND....

### WHERE ANGELS SING

"ALL THE WHILE THE FIRES OF FORGIVENESS FLAMED BELOW, WAITING FOR US TO TOSS OUR ASSUMPTIONS AND CONFUSION INTO THE BELLY OF GOD...AND BURN AWAY THE SMALL SELF THAT SEES 'YOU' AND 'I' AS SEPARATE...AND AWAKEN WITH FRESH EYES AND SINGING LIPS... TO REJOICE AT THE WONDER OF THIS WORLD."

- PAM GERRAND  
[WWW.PAMGERRAND.COM](http://WWW.PAMGERRAND.COM)

Always, while traveling I am inspired by the different expressions and gifts that flow through each individual! We all have such beautiful gifts available to us...it's simply a matter of saying yes to them and take one small step toward creating from the gift! The universe then aligns with us, in our yes, and brings to us things, people, places, opportunities to express even more fully!!!

I want to dedicate this writing to all the wonderful and inspiring people and souls who have crossed my path over the years...ALL OF YOU!!!

YOU ARE ALL SO BEAUTIFUL AND I APPRECIATE YOU!!!

While adapting to the frequency in LA again, I began to feel recharged, inspired again to create my life in new and exciting ways, stepping more fully into dreams and aspirations I've always had...singing and music being one of them!

As inspiration began to swim through my pores I drew to me people who were also creating from a highly-charged-inspiration place!!! These inspiring people, places and projects arrived on my doorstep in the most perfect moments....during times of adjusting, confusion, uncertainty and "what the bleep am I doing??".....

It was during these times that the

## Saying YES.....

Windows of opportunity are opening everywhere, for everyone, all the time, especially now!!!

We have cleared so much. We have moved through so many restrictions and barriers. We have stepped into a place of setting ourselves free!!! Free to be, free to explore, free to live an amazing life!!!

Windows of opportunity open to us all the time. It is up to us to say YES and step through!!!



waves of inspiration encouraged, ignited and uplifted me to new possibilities and realms within myself and the insight as to

the next steps along the way! I hope that they too, can provide a medium for creativity, ignition, elevation and most importantly inspiration for you as your journey of creative fun unfolds.....

### Project of Hope

[www.myspace.com/jenniferpodemski](http://www.myspace.com/jenniferpodemski)

The Podemski girls—have inspired me to step more fully into music and singing as they so beautifully and gracefully create in joy and union! With other Aboriginal friends and family, they co-created Project Hope!!! Soon to tour North America wide!

**Agape**—much gratitude to Michael Beckwith and Ricky for the spiritual community they have created...a place I frequent for spiritual replenishment!  
[www.agapelive.com](http://www.agapelive.com)

**Ngozi Paul**—A friend and actress who so completely expresses who she is always! I felt extremely inspired by her for her dedication to love, across continents!!!  
[www.ngozipaul.com](http://www.ngozipaul.com)

And even if you are unsure, hesitate or even say no, it's okay, don't fret....those windows will open up again. They will come around again. The logistics may change or shift, the people may be different, however the general theme will reappear and re-present itself.

And maybe, just maybe, this next time you will be ready to say YES.

What's there to fear? Someone very wise said to me the other day, "What would you normally do?"

**King Gabriel**—After spending time with him, I felt more of my childlike essence emerge and express in the form of music! Witnessing his creative artistic expression through his music ignited my soul to sing!!!! Beautiful, soulful, spirit-infused music!  
[www.kinggabriel.com](http://www.kinggabriel.com)

**Teri Hitt and Brian Hardin**—For their creative expression in film-making and musical talents that are so limitless!!! Also for their soul-mission for world peace. Loved spending time with both of them!!!! I had the opportunity to do some filming for a music video of Teri's!!!  
[www.terihitt.com](http://www.terihitt.com)  
<http://briandhardin.com>

**Michael Fitzpatrick**—Much gratitude for his compassion rising melodies, inspiration music and documentary...which has been received by the Dalai Lama!!! All things are possible!!!  
[www.michaelfitzpatrick.com](http://www.michaelfitzpatrick.com)

**Melody Ranger**—A dear friend of mine, whom I've known since I was 6 years old....for being a wife, a mom and a national weight-lifter who has received female lifter of the year award and 3 Ontario records! All at the same time!!! Wow!!!!  
[www.baytoday.ca/content/sports/details.asp?c=34216](http://www.baytoday.ca/content/sports/details.asp?c=34216)

A BIG thank you to EVERY-ONE!!!! You are all an inspiration in who you are each and every day!

....Okay, great, now do something different....choose a different way! And you'll get a different outcome."

Love that! So true!  
Begin by asking yourself, "What do I want?" "If I could have anything in the world right now, what would it be?"

As you choose this want and begin to say yes to your passions, things will begin to align with you to support your YES!!!

**TARA HEALING  
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- ◆ Spynga-1415 Bathurst St.  
(Bathurst & St. Clair)
- ◆ Northern Ontario
- ◆ Globally!!!



FROM THE OPENNESS OF  
MY HEART I EXTEND MY  
LOVE TO YOU!

FROM THE EXPANSIVENESS  
OF MY BEING I SHOWER YOU  
WITH LIGHT AND RADIANCE  
SO PURE!

FROM THE UNIFICATION OF  
MY DUALITY I SEE THE  
ONENESS IN ALL—YOU ARE  
ME AND I AM YOU!

TARA ANTLER  
"THE LOVE BUG"

*Events Page for June*

- ◆ **Spynga ~ "Elevate to Exhale"**, Breathe in. Breathe out. Elevate to Exhale as you do yoga in Yonge-Dundas Square on June 21 where we dare you to find the calm within the chaos to welcome in the summer solstice. Inhale. Exhale. June 21, 9 am—7 pm. FREE event! See [www.spynga.com](http://www.spynga.com) for more details!!!! **I will be teaching a free yoga class—A Journey through the Chakras from 1—2 pm and will be guest speaking during the day on the Impact of Yoga in Our Day-to-Day Living!!!!!!** Hope to see all you Torontonians there!!!!!!
- ◆ **Agape International Spiritual Centre ~ Live Streaming.** In today's technological age we can be anywhere in the world and still have access to some of the greatest tools, workshops and inspiration. You don't have to be in LA to attend Agape, Michael Beckwith's spiritual centre! I've been several times and it is one of the most beautiful, conscious communities I've participated in. Check it out at [www.agapelive.com](http://www.agapelive.com)—see the "Live Streaming" link to the right.
- ◆ **Misty Tripoli ~ "The Groove Method"**. Welcome 2010—the Grooolution begins! Discover the freedom to express, move, explore, play, groove and be you!!! Toronto, Ottawa, Vancouver, London, Montreal! For more information on classes and training please go to [www.thegroovemethod.com](http://www.thegroovemethod.com).
- ◆ **Gary Diggins ~ "The Big Beat", A Summer Solstice Celebration.** Come to a celebratory evening of joyful sounds in a playful community. TRIUNE and musical guests. Bring a drum and your dancing feet. Hosted at VIVACE Studio - 291 A Jane Street. (four blocks north of Bloor St. West). Doors open at 7:30 p.m. for an 8 p.m. start. Tickets available at the door: \$20. Contact: garyd@garydiggins.com. [www.garydiggins.com](http://www.garydiggins.com)

