

### Loving.....YOU!

As we begin to enter another cycle of slumber and hibernation, I am reminded of the importance of self-love and nurturance. A time to REALLY engage in activities that are supportive, loving, graceful and that facilitate the being easy on ourselves. The cycle of hibernation is such a beautiful time of renewal, growth and expansion. A deep feeling of going inward to rest, regenerate and renew every fiber of life. Therefore it is ever-more important to self-love and take care of the amazing being that you are.

Over the years so many clients have asked me, "How do I self-love? I don't know where to begin. I'm not even sure what that is anymore." The most simple answer is often the hardest to see.

Here are some simple & fun ways to love the beautiful, radiant being that is you!

- ◆ Take a 20 min bath with relaxing music & candles.
- ◆ Take in nature on a walk.
- ◆ Play some fun music & dance or sing...or hey try both!
- ◆ Enjoy your favourite warm beverage...yes, even a latte!
- ◆ Connect with self through meditation, even 3 minutes.
- ◆ Write a love letter to yourself, telling you how amazing you are!
- ◆ Give yourself a massage with raw cocoa butter!
- ◆ Write love messages all around your dwelling, on mirrors, notepads, sticky notes on the fridge...so that when you see them you will

be reminded that you are loved!

- ◆ Light some candles, curl up with a good book & a hot cup of tea.
- ◆ With every breath, feel as though you are breathing for the first time! What an incredible phenomena!

In practicing these self-love activities you will soon remember how amazing it is to be loved, to feel love and to know that it is in you and with you always....we just need to take a minute to reconnect!



### Thriving in Shifting Times

Life Tools For Rapidly Changing Times....  
3~Powerful Webinars  
2~Clear & Powerful Intuitive Healers, Channels & Activators, Deb & Tara  
1~"YES"  
0~Hesitation!

#### Session 1: Getting Grounded

Important foundational tools to thrive during changing times.

Tuesday, Dec 7, 2010

#### Session 2: Tune In To Inner Guidance

Finding the inner stillness so you can HEAR and FEEL your inner guidance.

Tuesday, Dec 14, 2010

#### Session 3: Build the Telepathic Bridge with Your Guides

Learn How to Ask, Manifest, Allow and then Receive. Moving Away from Personality/Logic based Decision Making Living.

Tuesday, Dec 28, 2010

We've created these sessions to build and expand on each other. You can choose to

experience one or all three. Each session will be approx 2.5-3 hrs. The sessions are experiential as you learn new tools, move and clear energy and go within to do your inner "work".

Each Session Will Include:

- \* Energy Clearing
- \* Guided/Channeled Multi-Dimensional & Multi-Sensory Insights
- \* Experiential Learning of New Tools
- \* Introduction to the energy of the Ascended Masters
- \* Practical Life Applications
- \* An Edited Recording of that Session's Teachings

We are living in an amazing time on the planet in which many things that have been "hidden" for a long time, are now being "revealed". This time on the planet is unique in many, many ways, including the "thinning of the veil" that separates us in our 3D experience from the existence of life beyond the physical bodies we walk around in.

Life is becoming increasingly more challenging for many

people on the planet, as Mother Earth and her inhabitants go through the growing pains of a Conscious Evolution in order to Ascend to 5D Living and Birth a New Paradigm. This birthing process is a perfect time for people to be able to "tune in" to their inner guidance, as well as their nonphysical guides to get a different perspective of insight, inspiration and information.

Both Deb and Tara have been living their lives through a multi-dimensional existence for many years; being guided through many challenges, Initiations and life lessons in order to prepare and "be prepared" as "way-showers" for this NOW TIME on the planet!!

Each webinar if purchased individually:  
Our Introductory & Holiday GIFT—\$62 per session  
When we offer this program in January, the price will be \$108

Love & Blessings,  
Deb & Tara

### NEW AT TARA HEALING SANCTUARY:

- ◆ I will be seeing clients in person, until Dec. 7, returning after the holidays around Jan 9. I will be available for phone healing services while away. I also have an amazing healer you can book with...contact me for details.
- ◆ New services, workshops and healing facilitators!
- ◆ Please note, as of the new calendar year there will be rate changes for services.



### "Thriving in Shifting Times"

Free Webinar Introduction with Deb & Tara!!!  
Tuesday, November 30  
6 pm PST

To register for the free webinar or webinar series, see:

[http://  
shiftishappeningtv.com](http://shiftishappeningtv.com)



**"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.

TO RELINQUISH THE FIGHT...

AND WALK IN THIS WORLD AS A WARRIOR WHOSE ONLY ARMOR IS THE MANTLE OF TRUTH...

AND WHOSE ONLY SHIELD IS LOVE IN ACTION...

CAPABLE OF DESTROYING THE MONSTERS OF FEAR AND THE DEMONS OF DELUSION...

...SEEKERS NO MORE...

DRAWN TO THE LIGHT...

TAKING FLIGHT...

FOUND IN THE SOUND OF CREATION

WHERE ANGELS SING US TO OUR FOREVER HOME...

PAM GERRAND  
WWW.PAMGERRAND.COM

*Twin Flame Reunion*

I have been asked by many people lately, "What is a twin flame?" "Does everyone have one?" "What is the significance?"

And so I was guided to create a mini-workshop dedicated to my favourite subject. ....LOVE!!!! (see Events for more info)

Before meeting my beloved, Gabriel, I spent many hours calling in this divine relationship. It all began New Year's Eve 2009. I was celebrating with three other goddess friends in Collingwood, Ontario. We shared a beautiful meal, laughed much, danced some and bonded over a deep desire and yearning to connect with our Twin Flame!

We created "our list" - the infamous wish list for our ideal, perfect partner. We meditated on this list, chose a few angels cards, saged our auric fields, created our personal love ritual, laughed some more and then watched a moving and inspiring film called "The

Moses Code" (which funny enough has been mentioned in the article written by my beloved. ....divine timing and synchronicity?? I think so!!).

It was a beautiful evening...one I'll always remember!



Following the divine flow and guidance of spirit...my path lead me to Los

Angeles! My spiritual home! I connected with many people, met new and "old" friends and found Agape...Michael Beckwith's spiritual center and ministry. After 5 trips to LA and fifteen months later, magic happened! I was at Agape on extended music night! My favourite Agape service. Enjoying the music with dear soul friends and taking in the good vibes of spirit. Service ended and my friend David (aka Mr. Positive) and I were speaking with Michael

Beckwith when I saw "him"...this beautiful, light-filled being of a man, a god-like creature who made my heart sing soooo loud that my physical body was drawn to him. Spirit loudly shouted, "Go introduce yourself to him now!" I then felt two energetic hands on my back, guide me towards him. I gracefully and nervously walked up to him and said, "Hi. I'm Tara. I wanted to introduce myself and let you know that you have the beautiful smile and radiate a lot of light. Thank you." He bashfully responded, "Thank you. You have a beautiful smile also!" We stood there for, what felt like eternity, just looking at each other. We laugh now, that in that moment we both knew that we were looking at our twin flame. And the rest is history!!!

Inspired by all that happened for Gabriel and I to happen, I wanted to share this wonderful gift with others! And after being asked several times....I knew it was time....

*I Am That, I Am, by King Gabriel*

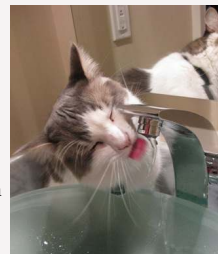
So, I was jumping rope as I usually do when "bang!!!!" a deeper revelation of something already known hit me!!

What was revealed was a deeper understanding of the statement "I am that I am". How it was revealed was in the form of a cat passing by, and for the moment that my attention was fixated on the cat, I (my body) was non-existent and I was the cat and then it came to my awareness, I am that, I am or to be clearer, I am the cat, I am.

On receiving this revelation the entire universe made sense all of a sudden in that all that I see and experience in this realm, I am. So in one moment I could see that I was an individual perspective within myself revealing myself to myself..... :)

I know it's a bit out there, but see if you can follow me.

The cat was my projection onto this screen of life in which I am investigating the answer to the question, "what am I?" and as the answer, I get to observe and claim that I am that. Then it went a bit further. I realized that not just some of it, but all of it, is me. The seeming good and the seemingly bad. Since the external conditions are the projections of my mind or me, then the only way to see what I am would be to change the inner point of projection or in more simple terms, change the input thereby receiving a different output.



The change of input at this time was this: I know I am the light. And when I say the light, I mean the light that is present within each

being here that we see. When we really take the time to look deep within, through meditation, etc., we begin to understand or see that there is only one presence in individual perspectives which is the "I am" presence.

I am that, I am. I am you. I am the cat. I am the air. I am the sky. I am love. I am that, I am.

With Eternal love and infinite gratitude I bid you the blessing that I give unto myself as the light that is.

*King Gabriel Quincy Collymore  
"King of Consciousness, Brother to All,  
Witness to Greatness"*

For more information on this topic, two AMAZING films are out there for all to see:

"What the Bleep Do We Know"  
and  
"The Moses Code"

**TARA HEALING  
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- ◆ Northern Ontario
- ◆ Ottawa
- ◆ Globally!!! Everywhere!!!



I OPEN MY HEART  
IN LOVE'S FULL EMBRACE  
IN THIS I SEE CLEARLY  
YOUR LOVING FACE

MIRRORED IN YOU  
MY REFLECTION I SEE  
ONENESS RESTORED  
IN YOU THERE IS ME

THEY SAY LOVE IS BLIND  
TO THIS I ERASE  
ONLY CLARITY EXISTS  
IN THIS UNIFIED PLACE

SINCE OUR RE-UNION  
MY EYES OPEN WIDE  
WITH A COMPLETE KNOWINGNESS  
THERE IS NOTHING TO HIDE

TARA ANTLER  
"THE LOVE BUG"

## Events Page for November/December

- ◆ **Tara Antler ~ "Activating the Twin Flame Energy".** An interactive, fun, insightful, playful and powerful evening to cleanse your heart field from relationships past, open and align your chakras to their maximum love potential, activate the twin flame energy within and prepare to receive your divine beloved!!! During this workshop you will learn all about the twin flame energy and relationship and why it is occurring now. You will also create your own unique "Love Ritual" to continue to call in the one! Saturday, December 4 from 3 pm—5:30/6 pm. To register, please contact me directly or you can pay online on the "Events" page.  
[www.tarahealingsanctuary.com](http://www.tarahealingsanctuary.com)
- ◆ **Deb & Tara ~ "Thriving in Shifting Times" Webinar.** Free introductory webinar on Tuesday, Nov 30. Series begins the following week on Dec 7!!! Register early!!!  
<http://shiftishappeningtv.com>
- ◆ **Tara Antler & King Gabriel ~ "The Healed Relationship" Seminar.** Women and Men, Gods and Goddesses, you are invited to grow, expand, fall deeper in love and ultimately live a life of relationship joy!!!! Join us for a 6-week Webinar seminar series where we will explore with you the beautiful, and often confusing, world of relationships. Lecture, energy work, meditation, visualization, exercises to continue along your relationship journey at home, tools of empowerment, sharing, and discussion. THIS SEMINAR IS FOR EVERYONE, whether you are in a relationship or single...we all relate to people everyday and the information in this course will assist you in all areas of your life where you have a relationship to anyone, including yourself! A new series beginning January 4, 2011, 7:30—9 pm EST. For details, outline of the seminar or to register please see my website: [www.tarahealingsanctuary.com](http://www.tarahealingsanctuary.com)
- ◆ **Tara Healing Sanctuary ~ "Finding Freedom" Yoga. Healing. Retreat in Costa Rica.** February 13—20, 2011. For more information, retreat itinerary, or to register please see my website, "Retreats" section. [www.tarahealingsanctuary.com](http://www.tarahealingsanctuary.com)
- ◆ **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.

