

# Academy of Eternal Light®

THE COMPLETE SYSTEM OF HEALING WITH DIVINE ENERGIES

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## Dear Ones,

Firstly I would like to thank all of you who made the transition by coming to the recent workshops at our healing retreat in Devon. Many of you said that it felt much nicer to be nurtured in this sacred space, instead of rushing home and returning in the morning or staying in a London hotel. Special thanks to Audrey, Colette and Colin for their love and devoted work to make this place spick and span and to Lenitha for her healing salads and muesli. I have her recipe for the cashew cream that was loved and we will make it at the December Christmas retreat.

I have had wonderful feedback on the Radiant Light Body Level 5 attunement. The energy from the Hathors on this latest ray is bringing a soul retrieval to the participants and also comes through as a ray for healing others.

In one workshop, several people experienced past life pictures moving very quickly like a film through their third eye. Another person got the same with pictures from childhood. These were showing the aspects of soul which splintered off in times of trauma and was returning those parts of us back, helping to bring us to wholeness. Many others have said they feel very different since receiving the ray, in very positive ways. This is a wonderful, sacred gift from the Hathors so those of you who have been attuned to this level, remember to keep calling on it, along with all your other Eternal Light energies to get the best results. It is important to meditate on any insights, dreams or pictures you get, to really know what you are releasing and which positive aspects of personality are returning to you. If any of you have any feedback on this process please let me know.

These past few months have been very powerful indeed with all the eclipses, the incredibly strong energies on the Blood Solstice full moon which brought a lot of emotional issues to the fore. These processes are continuing with Venus in retrograde. I have never seen so many couples splitting up in their relationship as I have in the last 2 months. I can see the higher purpose for moving on, as they can too, but it is still a very emotional and painful time. If anyone needs some help with essences I will be happy to support you in your process into more peace and wholeness. The heart sometimes has to be torn apart to open up more fully so it is most important to keep focusing on your Unconditional Love at these times of stress. This will help you tremendously although you may not yet be at the stage of forgiving, know that ALL IS IN DIVINE

ORDER and as you heal miracles will appear in your life – TRUST.

The journey I made to Krakow and Auschwitz concentration camp with a few friends in the summer is coming to fruition. The ceremonies we did in the camp were traumatic but incredibly powerful. The miracle was that there had been no birds or birdsong seen or heard over this horrendously sad place for a long time. After the ceremonies there were doves and other birds appearing and they started singing as we were leaving. It was truly joyful and confirmation for us that we had made a difference.

This year was the 70<sup>th</sup> anniversary of the end of World War II and the repatriation of both Auschwitz/Birkenau camps and the last of the prisoners held there. This was a perfect time for us to be guided to make this soul journey, as we were all involved in that fateful scenario. The beautiful thing was that Sanat Kumara came through as I did the ceremony and said that the healing energies flowing through our columns of light into Mother Earth would flow through all dimensions and the whole timeline for everyone who was involved at that time. Sanat then announced that it would also affect the whole family line and bring powerful healing to the past, present and future. This made us all happy. The great light that came down into Mother Earth herself then came up as a huge, dark, mushroom shaped cloud and then dispersed in the violet flame into pure light. Although we were in tears, they were tears of joy. Our Divine Mission was accomplished. Thank you Paula, Roy, Tomaz and Sasa for your love and participation in this most important work. We all relived our past-life there and also in the convent in Krakow, but that's another story which is still continuing to this day. I am still finding other nuns and many of the Jews and Gypsies who we hid in our convent basement now incarnated in this life, and all our trauma is healing. I have had visions of my past life time for almost all of this life and I wanted to confirm that they were true which I did when I got confirmation from the nuns in Krakow.

## EXCITING NEW WEBSITE!

Please check out my beautiful new website (the address is the still same, as above). You can now order all our essences online or if you would like a personal tune in please phone or send an email with your details. Keep an eye on the website as we will be adding new products soon including our gorgeous range of native New Zealand Bush Essences!

### 3.33 MEDITATIONS

Here is a list of dates and themes for the next few months. For more expanded information on this powerful healing work please read previous newsletters (see the News section on [www.heartsong.eu](http://www.heartsong.eu))

**Sunday 1st Nov:** Raising consciousness of mankind to release the pain and grief of the death of a loved one, knowing they go on to Eternal Life.

**Sunday 8th Nov:** Raising consciousness of mankind to release the pain and trauma of divorce and separation.

**Sunday 15th Nov:** Raising consciousness of mankind to release trauma, grief and emotions connected to MOTHER issues.

**Sunday 22nd Nov:** Raising consciousness of mankind to release trauma, grief and emotions connected to FATHER issues.

**Sunday 29th Nov:** Raising consciousness of mankind to release trauma, grief and emotions connected to CHILDHOOD issues.

**Sunday 6th Dec:** Raising consciousness of mankind to release the trauma, pain and suffering of CHILDBIRTH issues.

**Sunday 13th Dec:** Raising consciousness of mankind to release the trauma, pain and suffering connected to sexual abuse.

**Sunday 20th Dec:** Raising consciousness of mankind to know that all experiences in life are for our Highest Divine Good, to raise us out of duality.

**Sunday 27th Dec:** Raising consciousness of mankind to open our hearts and minds to unconditional love for ourselves and all humanity.

**Sunday 3rd Jan:** Raising consciousness of mankind to open our hearts and minds to compassion for ourselves and all humanity.

**Sunday 10th Jan:** Raising consciousness of mankind to open our hearts and minds to trust in life and in our connection with Mother/Father God/all Creation.

**Sunday 17th Jan:** Raising consciousness of mankind to open our hearts and minds to Divine Abundance for our Highest Divine Good.

**Sunday 24th Jan:** Raising consciousness of mankind to open our hearts and minds to help Mother Earth in her time of transformation.

**Sunday 31st Jan:** Raising consciousness of mankind to help bring through all the gifts of our soul which are needed now.

**Sunday 7th Feb:** Raising consciousness of mankind to the inner knowing that we are all ONE.

### BOOK NOW FOR CHRISTMAS RETREAT!

We still have a few places left for our wonderful Christmas Healing Retreat in Devon. Choose your own Ascended Master attuned room and feel their wonderful energies working on you during your stay. The retreat includes 4 Paramatman Light, meditations, 3 healing sessions, individual sessions with Shimara, delicious organic vegetarian/vegan/ food with gluten-free options, loving company, log fire, carols, etc, etc.

**GO HOME A NEW PERSON!**

## *Workshops with SHIMARA IN 2015 & 2016*

(All workshops now in Devon)



### **GAIA FOUNDATION COURSE**

10am-5pm Sat 21<sup>st</sup>/Sun 22<sup>nd</sup> Nov 2015

(1 or 2 days depending on numbers)

*Cost £125 (includes lunch)*

*deposit £30\**



### **CHRISTMAS HEALING RETREAT**

Friday 11<sup>th</sup> – Tuesday 15<sup>th</sup> December 2015

Please see attached booking form and return

ASAP to ensure a place

*Cost £330 all inclusive*



### **PARAMATMAN LIGHT**

Friday & Saturday Evening

4<sup>th</sup> & 5<sup>th</sup> March 2016 (Open to all)

6pm – 8pm

*Cost £80, deposit £20\* (Includes both evenings)*



### **RAY ATTUNEMENT DAY**

Saturday 5<sup>th</sup> March 2016

**All levels of Radiant Light Body  
including the new part 5**

**Sun, Moon, Mercury & Antares**

10am – 5pm (Gaia advanced students only)

*Each Ray costs £80 (to include lunch),  
deposit £20\**



### **SACRAL CHAKRA INITIATION**

**Including new Crystalline energies  
from Greater Central Sun**

Sunday 6<sup>th</sup> March 2016

10am – 5pm (Open to all)

*Cost £80, (to include lunch) deposit £20\**

Special package to stay for 2 nights including  
breakfast and dinner: £80

\* Deposit non refundable unless workshop  
cancelled

*With love and healing  
Shimara Kumara*