

Hamba Endleleni Engcwele



Creating the future, by healing the past, all in the present now moment!

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Dear Friends

A deep heartfelt thank you to everyone who attended 11.11.11 Labyrinth Walk and Celebration! What a marvelous occasion! Most of all, congratulations to us all for bringing in such fabulous energies (all with a deep conscious breath)!



It was an awesome day and, if you would like to view the photographs, (thanks to my dear, happy-snappy Jozi-Jane), please follow [this link](#).

There is little doubt that universe has delivered our energetic package and it is up to us to determine what to do with it....what have you decided?...Do you think that the universe is holding its breath in anticipation? I do!

On a more revolutionary note.....have you noticed how life goes in cycles? There is always a universal dance of death and rebirth. The plants die in autumn in order to make way for new growth in spring. There's always a time to end and a time to begin, with the close of one cycle and start of another.

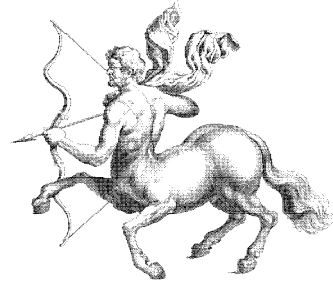
And now, we have stepped in to a brand new cycle; we are on the other side of 11.11.11 and some may be wondering *what next?* Perhaps there is an anticlimax of sorts whilst we integrate the new energies and prepare to step in to a new paradigm?



When faced with change, I am intrigued and confused by the way I often find it difficult to release familiar patterns, situations and relationships.....even those that no longer serve me.....especially when the desire in me to make space for new beginnings is strong! Do you feel the same way?

If you are, then I have great news! **Archangel Ariel** will help us! Like the Lioness, Ariel has a nurturing, protective presence and will always encourage us to transcend the perceived safety of our comfort zone! She comes in this month with a strong message, *"Don't hold back right now! The timing is perfect, and you're ready to soar!"* Wow! How's that for encouragement?

In addition, the Sun moved in to Sagittarius on the 22nd November, signaling a month of freedom, oodles of optimism and heaps of good humor! Hooray!



The experts claim that the Sagittarian voomah always serves us well; attracting a whole new adventure of luck, travel and opportunity! On the downside.....oh, we needn't focus on that, after all, the Sagittarian optimism continues even when their hopes are dashed. So grab some of that positivity.....take a deep breath and smell the confidence! Mmm...what a delightful fragrance!

Like most of us, the desire in me to expand and grow is strong, yet old belief systems, presenting themselves as fear, are surfacing to impede my progress. The most peculiar thing is that most of these beliefs are not real they are just programming, based on past experiences, often from when I was very young or even from previous lives.

As a result, I have recently formulated a healing process which works amazingly well for me. I am offering healing sessions on this process of releasing fear, (with a blindfolded Labyrinth Walk if you so desire). If you would like to book a session please [click here](#).

The premise is that, if we *name* our fears and bring them up to the conscious mind, we force them out of hiding. It is only when they are hidden within the dark recesses of our memories that they can control us. And if we name them then, we can release them. Does this sound feasible to you?

It is no secret that fear is part of the human condition and, once we address our fears and admit that we have them, we can free ourselves of them and make space in our lives for Spirit to move in. We begin to respond to the beauty of the moment instead of reacting from the fearful past.

Our limiting beliefs or programming keep us in one place (the past) and steal our free-flowing spirit (the now), but, when we bring them up for resolution, they evaporate and spirit flows in, bringing with it all the joy and freedom that we allow

ourselves to experience. For me, it was one of those epiphany moments that begged the question, "how good can I stand it?"

When I feel myself fearfully zigzagging from the past in to the future, I remind myself of what I am afraid of, consciously name that fear and then take a deep breath to bring me back in to the moment. I take a look around at what is in *the here and now*, bring my focus on to something within my vicinity (preferably right in front of me): like a flower, the sunshine, a smile or a kind word, then ask myself again, "How do you feel now?" It's practical and doable, try it and see if it works for you.

Archangel Ariel's name means "lion or lioness of God". She is associated with the wind and aligned with The Natural World, with animals and with elementals like Fairies, Elves, Sprites and Gnomes. She is involved with environmentalism, especially concerning bodies of water, manifestation and Divine Magic.



Within the context of this reading and the Angelic roar of her Lioness energy, **Archangel Ariel** calls us to release; heal and transcend our fear based beliefs and thought patterns. She describes this as, *Miraculous Consciousness*; the transcendence of the illusion of separation and limitation. She reminds us that maintaining *Miraculous Consciousness* is a choice we make with every thought, every word and with each expression of our creative power. It's a fact that the universe will knock itself out to give us what we focus upon, and how wonderful if we are able to release our fears and bring our attention to something of beauty, something that gives us joy. Hey presto! More joy!

The more vigilant we practice *Miraculous Consciousness*, by pursuing our joy, following what brings us bliss and what is personally fulfilling, the more we will experience a *Miraculous Existence*. What's more, when we are in alignment with this state of being, we will be more open to transcend our comfort zone, visiting places and states of being that have previously been just beyond our grasp. Talk about empowerment!

The 11.11.11 portal has opened up the opportunity for us to move in to a higher level of union with our Angelic Selves. The fears and worries of the past will cease to make such a big impact upon us and, as we turn within and be in the moment, we will release the last vestiges of our third dimensional consciousness.

We stand on the edge on a new dimension of Love, and all we need to do is to spread our wings and take off with a quantum leap of higher consciousness. And, if we need a gentle wing tip to push us into action, well, we can just call upon

Archangel Ariel. And remember...the best is yet to come...and in ways that are yet, unimagined!

May you soar!

Love

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I offer spiritual readings to anyone who requires clarification or confirmation on any situations or issues, one-on-one past life regression sessions, cord disconnection and karmic release, Violet Flame transmutations, Inner Child healing meditations and group workshops. All these healing modalities may include a sacred labyrinth walk. [Click here](#) to book an appointment.

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