

Hamba Endleleni Engcwele



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

www.labyrinththerapies.co.za

In this twilight moment of becoming, hearts reach for the sky. Miracles swell, round and pregnant. We celebrate the succulence of life as the seasons change on Earth.
Allison Rae

Dear Friends

For me, one of the core principals of life is the capacity to change. Having made such a bold statement, I would like to add that often, when I feel the unavoidable force called *Evolution* whooshing me along at an incredible rate, I dig in my heels, and try to find a place to hide! Do you do that too?

If you do then, like me, you will have realized what a pointless exercise it is; there is no turning back or trying to avoid the natural process of life. Instead of feeling lost, if we look for the subtle signs put there by our higher selves to show us the way, we may begin to enjoy the trip and tune in to the magic of the moment.



We never know what we will be presented with next – but isn't that the exciting part – and no matter how loudly we scream, "*Stop the world I want to get off!*" It still keeps on moving in to ever lighter and higher levels of reality. This is good – I think?

I'm sure that you will agree we are sitting right now in the middle of enormous upheaval and change. It's all around and within each one of us. We can't escape it and, according to the experts, if we embrace it with joy and gratitude, we will much more easily reach a new level of energetic vibration, experience and potential.

I have been attempting this pattern of becoming and it works....some of the time! Others..... well, it's really difficult! The part of me that *knows* tries to keep the rest of me in the *now* moment. If I respond in the moment, instead of reacting from the past, I am



guaranteed a newer, fresher future and one where I am more in alignment with my higher self! Not easy though!

On a much brighter note, the Sun has moved in to the balanced, loving and harmonious sign of Libra, the Scales, and because Libra is associated with one-on-one relationships, any of our significant relationships are up for review. Phew!

And before you head for the hills or crawl back under the duvet, I have it on good authority that the enthusiastic and multi-talented **Archangel Raguel**, the "friend of God", is on hand, the instant that we call upon him, to lend a steady wing to those, often wobbly, Libran Scales.

So if you were considering re-assessing any relationship, whether it involves, a butcher/ess, a baker/ess or a candlestick maker/ess, or have arguments to resolve, disputes that require mediation, or harmony and cooperation between groups and families to be restored, you won't want to miss this delicious opportunity to connect with the energies of **Archangel Raguel** and hear his message.



Doreen Virtue describes his multiple talents and helpfulness as, "*a best friend, who's a combination attorney, spiritual counselor, therapist, and motivational coach*".

Archangel Raguel is the master authority on anything that requires resolution and will shine a bright, revealing spotlight, on all the dead wood that we are carrying to help us to see, quite clearly, what is no longer suitable.

Connecting with his energy offers us fresh insight in to the realms of relationships and a whole scope of new possibilities. So, how does that sound?

Those around us, our partners, friends, family and colleagues often function as mirrors, reflecting unseen aspects of our deeper selves and supporting us to be come whole.

For instance, after the romance of a significant-other relationship wears off, suddenly the characteristics that attracted us to our partner can become the qualities that annoy us the most. We looked at them when we first met and were drawn to those (reflected) parts of ourselves that we wanted to transform. In the beginning of a relationship, opposites attract. Later, opposites attack!

Sometimes, when we look at our close relationships we may find that we were magnetically drawn to the qualities we saw in the other person, which are the very qualities that we consider are missing within our selves. And then, after some

introspection, when we discover that these qualities already exist within us, (like vibration attracts like vibration), and we do not need someone else to provide them.

The reality is that, what we create always reflects our energetic vibrations, history, beliefs and intentions and, because we are all changing so rapidly, there are many relationships where we are no longer in vibrational alignment and we find that they are almost impossible to maintain.

Frequently and unconsciously, we disown our more unattractive behavior, habits and dispositions and push them on to our partners and those closest to us. *"I really don't like the way that he\she does that!" "Why does he\she always react that way?"* We think that these personality characteristics, moods and emotional responses come from others, but everything, always originates from within. Those around us are mere reflections of our own consciousness; it's like meeting ourselves in others.



Every aspect, whether it be thought, speech or action is derived from our beliefs and the Universe responds with a matching mirror reaction or effect. This process occurs without judgment and it is a universal law, just like the law of gravity....and we all know what happens when we jump off a seven-storey building!

We can only ever recognize something if we are holding a similar vibration; if we consider someone to be selfish, to understand this behavior we must also be selfish. If we hold only the vibration of generosity, that is all that we will be aware of and all that we will experience.

Often, when we say, *"He/she is so difficult! He/she is always trying to change me in to his/her ideal partner"*, it is **we** that refuse to accept ourselves, especially what **we** consider, the more unattractive aspects of our personality. And let's look at it, (the mirror that is), if we can't accept ourselves just the way we are, how can we ever expect anyone else to, especially those that are closest!



It is not easy to look in to the mirror in this way, but once we embrace ourselves, warts and all, I do believe that we can experience deeper freedom and more meaningful relationships. Keith Varnum calls it blanket forgiveness and often, when an uncomfortable thought pops up unannounced, (you know the ones - those that have us writhing in shame and embarrassment), I simply wrap an imaginary blanket

of forgiveness around my shoulders, allow myself clemency and the feelings dissipate.

In addition, when we discover that we do not need another person to feel ok or complete, we are no longer "needy" and begin to feel whole and inclusive within ourselves. Then we are able to create relationships based on mutual respect and balance....there's those Scales again!

Our partners trigger the feelings that are already hurting within and, if we recognize these feelings as they arise and create a safe space to allow them to come up for release, then, in my opinion, this is healing **big time!**

For me, I find that working with the labyrinth really helps. Its Sacred Geometric Pattern has been existence for eons of time and it is intimately familiar to us. The labyrinth provides a nest of security, a place of safety where we feel comfortable enough to open up to release, and in doing so, we make space for new experiences and fresh relationships.

All my spiritual healing sessions include a labyrinth walk and, if you would like to book a session, please [click here](#)


The Spiritual Readings are also available through e-mail and include a labyrinth walk that I perform, on the enquirer's behalf and before I conduct the reading. Quite often, messages come through as I am walking.

Abraham tells us that, *"If you will release all concern about how others feel about you, and focus only upon how you feel about them, you will unearth your core understanding of who-you-really-are, and you will discover what true freedom really is."*

Indeed, it is really a waste of time and effort to try to influence the way others see us, all we can really do is focus upon ourselves and all the positive aspects that we display. Then the Law of Attraction, (that which is like unto itself be drawn), will respond, by offering us more of the same. Correspondingly, when we focus on the best in others that is what will be displayed.



Like many, I have been working on the art of self-acceptance, and even though my mirror has many cracks and chips, I am learning that to attempt to find a newer, brighter or better one, or to try to modify it in to what I think those closest to me



want and approve of, is not an option; it is the only mirror that I can ever own and it is not possible to take one from someone else! Neither is it feasible for me to mould it in to what I think my significant others want!

Besides, the freedom and moment by moment joy in accepting such a mirror, just as it is, is truly magical. What's more, it appears that those around me are less judgemental. Now, that's progress!

Of course it is always a three-steps-forward-and-two-steps-back scenario, but with the help of **Archangel Raguel**, we will begin to choose partnerships for the sole purpose of enhancing our lives. Perhaps we will also begin to understand and accept the self in relation to another, in a whole new way, one that enriches both parties and is lasting and meaningful.

Abraham reminds us, *"If you are seeking a joyful relationship, you must become joyful first."*

So, as you go through this month of October; be joyful, allow your mirror to shine bright and beautiful, regain your balance with ease and grace and find your *mojo* - the only one that is totally true to *who you are!*

Thank you for allowing me in to your mail boxes once again and for being the most magnificent reflections.

Love and blessings

Helen

Helen Schuck

www.labyrinththerapies.co.za

(Tel) 0027(0)41 368 3006

(Tel) 0027(0)82 802 1799

(Fax) 0027(0)86 613 7829

(e-mail) helen1@yebo.co.za

Hamba Endleleni Engcwele



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

www.labyrinththerapies.co.za

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.

To unsubscribe from this mailing list please [click here](#)