

Seeking Serenity

Taking Action ...?

It is a tricky balance we seem to be seeking these days. Many of us perceive that our goals in life require some effort and action on our part. Indeed, a phrase I have used recently supports that very concept:

Life rewards action.

When we are in an experience or circumstance where what we desire—the goal or result—is not on its way to us [at least not so far as we can see], then we instantly feel it is imperative that we **do** something – *anything*—to alleviate the pressure of being where we are. It seems so important to take action—any kind of action, especially since we are taught to believe that it is our actions that bring us our results.

Our greatest teachers have, over time in the thousands of years, reminded us that everything begins with a thought; that we are in essence creators from the originating point that is our thought—not our action.

I am noticing frequently these days that when I take action out of an imperative to “just **do**” I very often make choices that are ineffective or even counter-productive to my goal. It seems my most valuable action—the kind of action that Life truly rewards—is the action I take when I choose not to act first. Respecting myself and my inner knowing enough to meditate, think or even breathe; in essence to slow down first, means I usually don’t panic later!

Yes, I believe Life does reward action, but the **quality** of the action is the most important part of this truism. Life rewards **considered** action; that is, the kind of action we take when we have reassured our Fear that all will be well; when we take action in a loving and serene manner.

Approaching the circumstances of Life in a rush, in a panic or with annoyance, means the vibrations of disturbance and frustration overlay our solution and block the outcome we desire.

By honouring our circumstance as a sign from the Universe that there is something we need to consider, to check out about ourselves, we are able to awaken ourselves to a greater solution and a more serene resolution to what’s happening. When we work with the knowledge that the circumstances we are in started with our thoughts—about Life in general or our situation in particular—we can then refocus our thoughts in a more compassionate way.

Special points of interest:

- Prosperity is about Smelling Flowers
- CD Launch – The Path to Personal Power
- Michel Recommends – Aquarian Massage
- How May We Serve? - Answers to your Questions
- Creating Success, second of ten parts

If you find your situation distresses you, allow yourself to realize this is in response to your *habitual* thoughts. Then remind yourself that you are the creative Thinker of your thoughts and you can always change them.

This is not a new way to harass yourself for getting in this “mess”; this is a way to gift yourself with the freedom to change your thoughts, to change your actions according to your new thoughts and to become serene once again.

**“You are the Thinker
Of your thoughts and
You can always change them.”**

Prosperity is about Smelling Flowers

Yes, I recognize the huge push—almost compulsion—to work as hard as you can, as long as you can, as often as you can to accelerate the flow of money energy into the life. And the pressure is constantly on, not only to perform, but to do more and do it faster—usually with less. Prosperity is a rabbit: the faster you pursue her, the more fleetly she runs from you.

But when you turn your attention to quietly contemplating the beauty nearby, she hops up beside you to see what you are enjoying, seeking to enjoy it too.

How May We Serve?

E-mail your questions to Michel at veiledmoon@shaw.ca. We appreciate the opportunity to be of service...

Linda C. asks:

Why do bad things happen to good people?

The Angels tell me that there is always a reason but with our limited perspective of life, it does not always seem to be so.

In the Council each Soul attends before life, a decision is made on what events will be met in that life. Some involve the resolution of karmic events, that is, the balancing of conditions the Soul participated in or created in another time.

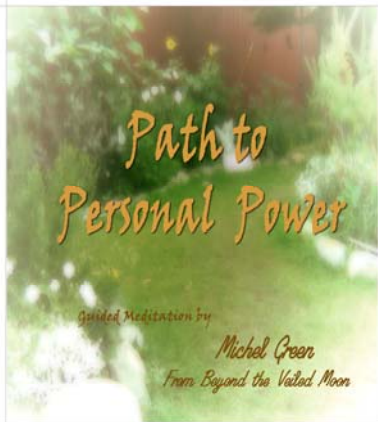
Sometimes Souls decide to “clean up” a significant number or depth of karmic events in order to progress more rapidly or completely.

Sometimes the Soul who decides to take on a heavy life burden is a very advanced Soul who participates in these situations in order to give others an opportunity to clear or balance their

Karmic debt. It can happen, for instance, that those Souls who choose to enter as people with handicaps do so to give others around them [family members, teachers/care-givers, others they meet] the opportunity to move beyond their self-centeredness by doing good to and for that seemingly disadvantaged person. For example, those who manifest cerebral palsy do so to inspire the family to come together in love.

Does doing good to others create good karma?

Always. Our Soul’s life path covers many experiences, so we may not always get a return immediately, but the more we do good, the more quickly the good comes back to us—fully multiplied, pressed down and overflowing.



Path to Personal Power Meditation

I am very excited to announce the launch of my next meditation CD—the Path to Personal Power!

This meditation has been hailed as a transformative and dynamic step into the state of individual power and competence supporting your self development. The compelling lyrics and amazing music combined with its lovely path artwork, gives you a luscious experience.

**PRE-ORDER YOUR CD
AND
RECEIVE A SPECIAL GIFT**

Call Michel at 780 457-6801 to order

**CD LAUNCH PARTY will be held at ASCENDANT BOOKS 10310—124 Street, Edmonton, AB
JUNE 11, 2005 - 1 TO 4 PM – Michel will be in attendance to autograph your CD
Draws * Autographs * More**

This newsletter and its contents come to you freely and with love

From Beyond the Veiled Moon...

Created, written and published by **Michel Green**

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*Aquarian massage ... is
like a meditation
For the body.*

Michel Green

**StillPoint Healing Centre
Suite 110, 10350–124 Street,
Edmonton, AB**

Visit me on the web ...
www.veiledmoon.com

Aquarian Massage

Aquarian Massage is an intuitive healing practice uniquely personal to **George Campbell** - the facilitator and channel for this uplifting energy. The massage aligns the physical and emotional bodies in a more balanced, healthy and positive way.

An Aquarian Massage Session

During your session with **George**, orientations to a negative point of focus and rigid body patterns are gently released. This release is followed by an infusion of enhanced Pure Light from Spirit into body and mind bringing with it an enriched sense of serenity and relaxed well-being.

George is given clear and effective awareness of the movement or blocks in energy - physical, mental and spiritual - through the chakras and other parts of the body. As he works with the physical body, he allows its needs to direct his transmission of relaxing and healing vibrations.

He is a natural empath who connects with you gently and intuitively to open you to your deep Inner Peace, allowing it to surface.

Michel Recommends...

I have personally experienced the soothing effects of **George's** gentle touch. As a calming meditation is to the mind, so this massage is to the body. You can contact **George Campbell at 780 221-1970**. Your body will thank you!

About Michel...

Michel Green has been a Channel of the Angelic Forces for almost 20 years - a role she has now expanded to be her primary service into Life. A woman of wisdom, harmony, empathy and compassion, she offers her insights, peace-fullness and sense of fun to bring greater ease, self-honouring and self-respect to others.

Upcoming Events— Call Michel at 780 457-6801 to register

CD Launch Party – Ascendant Books, June 11 – 1 to 4 pm, 10310 – 124 Street, Edmonton. See Announcement on Page 3

Reading Days. Michel is available for private sessions in Stony Plain or Onoway/Lac Ste Anne, alternating monthly.

Next Onoway Day **June 18**—contact Maureen: mjfaber@telusplanet.net Group session: Archangel Ariel “Love is All That Is” followed by private readings.

Next Stony Plain Day **June 27**—contact Pauline at 780 693-2099

Angelic Alchemy continues: June 22 or 29 – Archangel Michael: You are Your Consciousness – in Stony Plain or Edmonton, respectively. **July 10** in Onoway

Tapes or CDs of the entire lecture series are available by contacting Michel.

New Service: Angel Letters—Written messages channeled personally for each recipient. Beautifully presented on embossed paper: a Gift of Love.

I will no longer Greet the Dawn without a Map

In our continuing series, this is the Second Vow of Success from Og Mandino’s wonder-full book, “The Greatest Salesman in the World—The End of the Story.”

There is a saying by the world’s greatest author: Anonymous:

*I bargained with Life
For a penny, and Life would pay
no more
Then at the end I found to my
sorrow,
Whatever request of Life I had
made,
Life would have willingly paid.*

How true it is that the only valid

price tag is the one we give ourselves and as we learn to value ourselves as worth more and being more, Life, the Universe and everyone around us values us accordingly. When we challenge and approve of ourselves enough to determine a value that is appropriate and life-enhancing; when we declare boldly we are worth much, then our response from those around us demonstrates that – but we are the originators of the concept.

It is only when we declare our own worth that we are able to choose and dedicate ourselves to reaching goals. Indeed, many

people who have low self-esteem also are without goals.

Louise May Alcott spoke of lifting her eyes up to where the vision of her dream was and finding it encouraging her every step toward it.

This is why we are encouraged to create a daily To Do list—a map—not for time management; not for one more task to carry out—but to take us step-by-step toward that vision. To give us the feeling of achievement daily that carries us to full and rich accomplishment.