

INSIDE
THIS
ISSUE

PG. 1

I Am Presence Meditation

PG 2 & 3

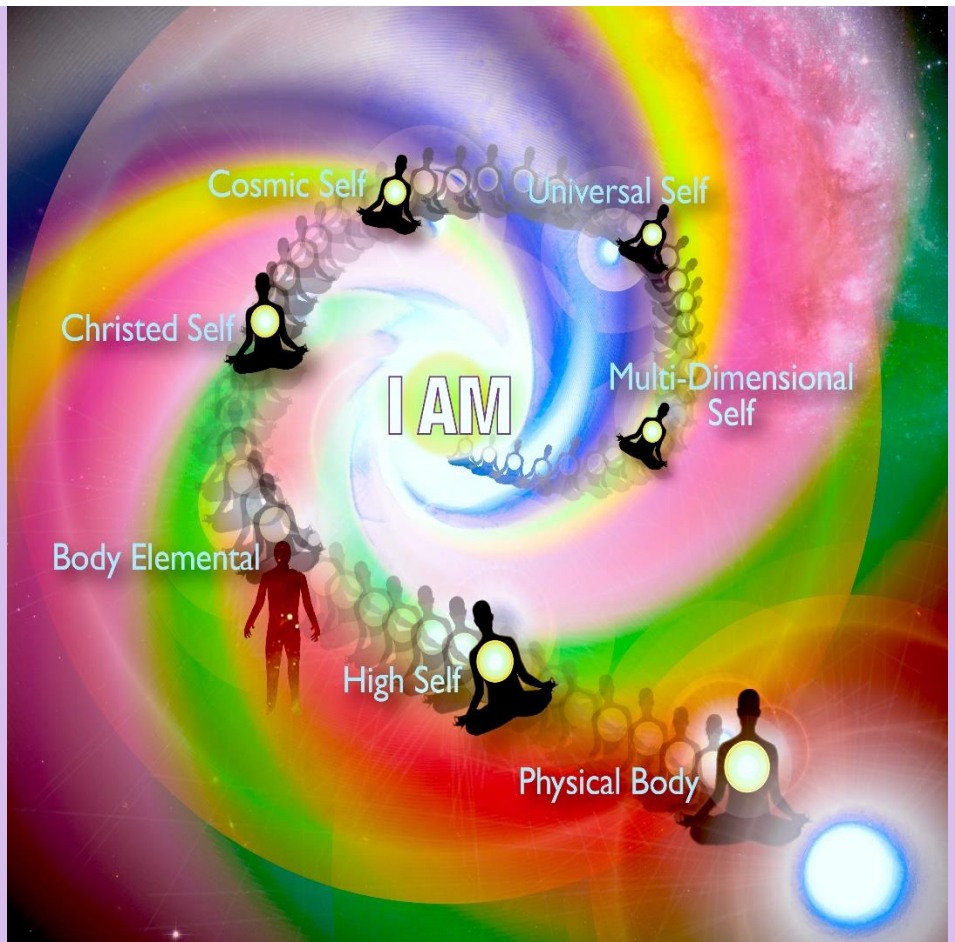
Creating Peace and Calm in a
World of Chaos

PG 4 & 5

What is Soul Alchemy

PG 5 & 6

Upcoming Workshops



I Am Presence Meditation:

<https://www.soulalchemyhealing.ca/workshops>

*“Do not feel alone,
the entire universe
is inside you.”*

~ Rumi



I AM PRESENCE

The I AM Presence is a collective consciousness of our Monad. It is not a physical individuality but 11 other soul personalities that work with us. The soul that is working on their ascension process is usually the one that ascends for the others.

The link on the free meditation above will take you to a few aspects of the self and your I Am Presence. Enjoy!

Creating Peace and Calm in a World of Chaos

HOW TO WE STAY CALM IN THIS CRAZY WORLD?

Many people, often begin to plan their day once their head has cleared out from the blariness of the previous night's sleep and they've had a cup of coffee or tea. It may seem that after we calculate what needs to be done: get up, eat, shower, make sure not to forget any of the 20 things we may need for the day such as my cell phone, keys, food, reading glasses, etc, squeeze in a yoga class, walk or exercise, do our social media stint, go grocery shopping, stand in the bank line-ups, come home, cook dinner, clean a bit, push through any family issues that need to be addressed, try to connect with our beloved, talk to a friends, do the laundry, then voila, it's time for bed. Oops, was I supposed to connect with the part of me that is Peace/Love/God and meditate? It's too late now, I'm tired, gotta get up early tomorrow and start the chaos all over again!

It's no wonder that there are times when the sound of windshield wipers drive us mad, or not being able to simply take the lid off a jar sparks and emotional response or why we want to rip the head off the crazy driver in front of us. If you have found yourself more and more impatient and frustrated with the little things in your daily routine. If you are suddenly snapping at your loved ones and you feel like you are on the edge of losing it, you may want to consider changing your routine and creating a little space for yourself to return to calm, peacefulness.

Even through our busyness we seem to find time for extended coffee breaks, pointless internet surfing, gossip, complaining to friends about having no time, watching TV, and just creating more unnecessary busyness and distractions that take us away from our oneness. The path to inner peace is not simple or short. We cannot just wake up one day and decide we are going to have inner peace. It is a process, an inner journey that needs to be appreciated. It does however, start with the choice to have this thing called "Inner Peace."

Like all new things and choices, we need to be ready to step outside the box we have allowed ourselves to be put in. How do we begin initiating change within ourselves? How do we start these so called transformations, paradigm shifts or evolution of the mind, spirit and soul?

Believe it or not...taking time to meditate may actually give you more time, and space, in your busy life.

Start with the Breath, we sometimes find ourselves so busy that we are hardly breathing. We have become a society of shallow breathers. Here is an easy breathing exercise to start with that will only take you 10 minutes. Less time than it takes to drink a cup of coffee.



The 12 Breaths to Nirvana

Sit very still and be very quiet for 12 slow deep breaths.

1. Focus on each breath and count each exhalation. If you lose your stream of concentration any time before reaching twelve then start over with one.
2. After you reach 12 breaths consciously, allow yourself to rest into the silent peaceful stillness.
3. Allow for whatever your experience is to rise and fall away and practice letting everything be exactly as it is.

Try Meditation

Meditation is not just for those who can set aside hours a day or weeks each year for retreat. A short, powerful meditation can be incorporated into your busy life—to find relaxation, calm, and greater productivity.

Here are some general guidelines to get you started.

1. Different postures affect how the energy flows through the body and how alert the mind is in meditation. For most meditations, we suggest sitting upright with the spine erect while still being comfortable. It is not necessary to get into a precise or difficult posture to meditate! If you are uncomfortable or straining to be in a certain position, you will not be able to relax completely.
2. Usually 10-20 minutes is a good meditation time, although if you are new to meditation, you may want to start with 5 minutes and build up from there.
3. Although you can meditate at any time, the ideal times are usually in the morning as a start to your day, or in the late afternoon in order to unwind from the activity of the day and be refreshed for the evening. Meditations which are deeply relaxing are best done on an empty stomach or at least a couple of hours after a meal.
4. A regular routine of meditation is invaluable. Generally speaking, once or twice a day is ideal. The benefits derived from meditation begins to carry over into our daily activities when we meditate regularly. Everything in life is about balance and proportion.
5. Creating your peaceful atmosphere. It isn't required that you have any, yoga mats or cushions for meditation, you may simply sit on a dining chair or easy chair. Many people like to have the small running water fountains as the sound of running water is very soothing; lighting the room with a few candles is also an effective way of 'setting the mood' for your meditation time.
6. Now just begin to breathe mindfully. That means noticing your breath. It's much like watching waves on water. Let it be how it wants to be. As you notice your breath now, it may be shallow, uneven or jerky. It's OK however it is. You're just observing it with attention and affection — every inhale and exhale. If your mind begins to wonder, go back to focusing on your breath.

If you simply cannot do these things on your own and you feel as though even 10 minutes is too much, begin with watching a youtube video and just following along with it.

Here are a few easy ones to begin with:

Guided 10 min Awareness of breathing meditation: [Click here](#)

Worry Less in 10 Minutes – Guided Meditation: [click here](#)

There are hundreds on youtube to choose from, you only need to choose one to begin!

These are just a few tips to get you going, the main thing is to commit to yourself that you are going to turn chaos into inner peace, and begin it, begin it NOW!

You likely have heard these wise words by Johann Wolfgang von Goethe, Germany's "Shakespeare"

“Until one is committed, there is hesitancy, the chance to draw back. Concerning all acts of initiative (and creation), there is one elementary truth, the ignorance of which kills countless ideas and splendid plans: that the moment one definitely commits oneself, then Providence moves too. All sorts of things occur to help one that would never otherwise have occurred. A whole stream of events issues from the decision, raising in one's favor all manner of unforeseen incidents and meetings and material assistance, which no man could have dreamed would have come his way. Whatever you can do, or dream you can do, begin it. Boldness has genius, power, and magic in it. Begin it now.”

What is Soul Alchemy?



Soul Alchemy describes the process of moving from external power to authentic power. It is the transmutation that comes from aligning the personality with the energy of our soul and through the journey from unconsciousness to consciousness. This process of miraculous change happens by taking a journey inside.

DEFINITION:

Define Alchemy as an inner adjective:

1. Occurring within.
2. Pertaining to the soul or mind.

Alchemy as a noun:

1. The art of transmutation.
2. The seemingly miraculous change of a thing into something better.

THE CONCEPT:

The concept that we create our own reality is more widespread than ever before. In our parent's generation and before, this concept was known only to a few. Those few were mainly mystics and shamans. Now discoveries and experiments in quantum physics prove the truth of this concept. Mystics, shamans and some quantum physicists know that we create our reality by our thoughts, beliefs and perceptions.

We are actually more powerful than we can even imagine. For most of us, though, our experience tells us something entirely different. We feel that we are at the mercy of an outward reality, the victims of circumstances beyond our control. We work harder and harder, thinking that if only we have more money, more time, the right pill, the right family, more love, or a better job that we will finally be whole and happy. We try to change and control the circumstances and people around us in order to feel empowered.



CAROL AND SOUL ALCHEMY HEALING:

Carol understands about trying to change and control things outside of ourselves such as power. When the energy of the soul is recognized, acknowledged, and valued, it begins to infuse the life of the personality. When the personality comes fully to serve the energy of its soul it is authentic empowerment. This is the goal of the evolutionary process in which we are involved and the reason for our being.

Soul Alchemy Healing describes how this process from external power to authentic power happens. The true transmutation that comes from aligning the personality with the energy of our soul can only be done by a journey from unconsciousness to consciousness. This process of miraculous change happens by taking a journey inside.



AWARENESS:

Awareness is only the first step in the alchemical process. The Talmud says, "We don't see things as they are, but as we are." If we believe ourselves, and therefore our souls, to be unlovable, unworthy, and powerless, then we will experience ourselves to be these things. The Truth is that each soul is a unique expression of the Divine, a spark from the flame that is the Creator. Awareness shows us what our beliefs are and how those beliefs have created our reality. By becoming aware, we can then change our beliefs.



CHANGES:

Changing what we say we believe is not enough because supporting our old beliefs are habitual thought, perceptual and energetic patterns. These habitual patterns must be changed also in order for lasting transformation to occur. Working with these habitual patterns requires us to develop and maintain a spiritual practice. The tools, techniques and exercises taught through Soul Alchemy can be used by clients and students to develop their own unique spiritual practice, which can bring every aspect of their lives into alignment with their divine essence. This is authentic empowerment.



UPCOMING WORKSHOPS

UNIQUE HANDS-ON HEALING TECHNIQUES

APRIL 16TH FROM 12:30PM-4:30PM PART 1



These simple and gentle techniques will change your life and how you view healing forever. This is a 2 part class because it is so rich in material! New ways to heal yourself, family and clients. I will be teaching how to do hip, tailbone and whiplash adjustments, decongest organs, master healing points in the body, lift organs and so much more!!! Included in your investment is an amazing manual. Send a \$55.00 e-transfer sent to soulalchemyhealing@gmail.com Please make a note in the comments as to which workshop you are signing up for and say part one!

ENERGY EMERGENCE

MAY 6TH, 9AM-3:30PM IN NANAIMO, BC AND ONLINE

Ana La Rai and I will be co-facilitating a workshop from 9am-3:30 pm, May 6th, 2023 in which I will share all the details, techniques and disciplines that will allow the oil to rise within you. The investment is \$225.00 CAD and will be taught online as well as in person if you would like to join us in Nanaimo. There will be limited space for in person attendance so preregistering and payment is required. To pre-register, email me at soulalchemyhealing@gmail.com for details. I'm so excited, I can hardly stay in my body!



2023 Energy Emergence Workshop

Sat., May 6th, 9am - 3:30pm PDT
Online & In-Person (Nanaimo, BC)

Supporting your Journey with:

- Infusions of your original Soul blueprint
- Learning new techniques & tools for shifting
- Receiving triple helix activation
- Experiences of the newest energies
- Light, learning, fun and more!

Workshops flow under the guidance of various Enlightened Ones

Sparklesoflove.love Soulalchemyhealing.com

Ana-La-Rai

Coral

ACCURATE DOWSING AND PENDULUM USE

MAY 21ST FROM 1PM-4PM IN NANOOSE BAY



Learning basic techniques in dowsing enables you to tap into information you may require regarding food choices, supplements, products you'd like to purchase, healing tools or even the most appropriate colour to wear for the day. It is a powerful tool that can lead to more empowering choices and a happier life. This is a hands-on and interactive program, you will learn everything you need to know to start building a relationship with your pendulum and seeking guidance for the questions you want answers. ***Your investment includes a manual.***

There is limited space so you must contact Beverly @ 250-729-1351 to check available space before paying!

Send a \$55.00 e-transfer sent to soulalchemyhealing@gmail.com Please make a note in the comments as to which workshop you are signing up for!

GROUP PARADIGM SHIFT ON WORLD UNITY AND LOVE

MAY 27TH, 1PM-4PM

When a frame of reference changes; it is called a paradigm shift. It is a radical change of our fundamental and underlying beliefs or theories, conscious and unconscious views of reality.

In this workshop, participants will clearly define their existing money paradigm. Then Carol will set up the shift by unplugging previous, unnecessary belief systems, whether they were created in a past life, your family history, DNA or in this lifetime you will be free to take a quantum leap forward on your desired path.

She then sets the framework for the new paradigm. She works with your guides and the angelic realm to set up your new desired reality. All aspects are locked into the new paradigm: past, present, and future realities, your multi-dimensional selves, etc.

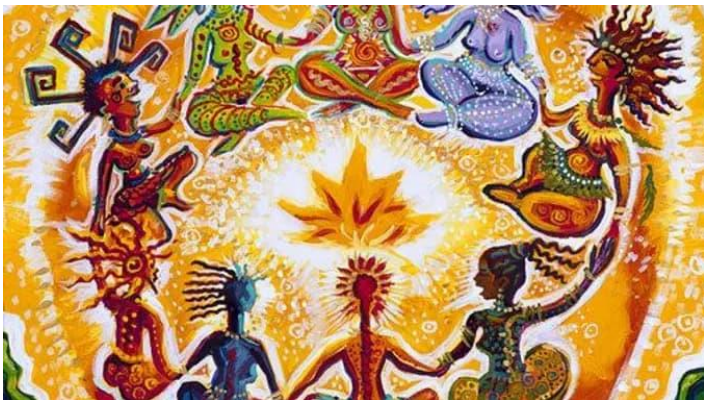
Send a \$55.00 e-transfer sent to soulalchemyhealing@gmail.com or make a payment on my website via PayPal to receive a zoom link and/or address.

Carol charges \$300.00 to do a one-on-one paradigm shift, this is a remarkable gift at a small investment of \$55.00

SACRED CIRCLE

THE THIRD THURSDAY OF EACH MONTH

6PM-8PM



Today sacred circles are sprouting up everywhere, in astonishing variety providing a safe haven where essential values and beliefs can be discussed and embraced. Sacred Circles allow us to engage a group to explore our relationship to the sacred and honour the divine in everyday life while offering wise advice to the whole. Experience listening and being heard without an agenda, rotating leadership, empowerment and heartfelt community support.

What you need to bring:

Your beautiful spirit, whatever you need to feel physically comfortable (pillow, throw) and a light snack to share during the break.

Email me if you would like to attend and I'll provide the address. \$10.00 donation at the door