



Couples Corner for July 2008

Harmony in the Home

One of the benefits of being a healer is that I can sense, see and understand that everything is a form of energy. Energy never actually goes away but it can change its vibration. As we are also a form of energy our thoughts and intentions can affect the atmosphere and the energy of our home – and that in turn can affect all those that share the home with you, even visitors. This means that if one of you is depressed the energy of your entire home can drop and the other partner and the children will be affected. You may feel this lower, heavier energy in many ways; as a sense of foreboding, a nervous feeling inside, a sadness, a feeling of frustration or anger. The good news is that you can uplift the energy again by using your intention and thoughts. Here is a simple process you can use: Sit comfortably, turn off mobile phones, radios and TV and close your eyes. If you can visualise then see a bright ray of yellow sunshine entering your home touching everyone, if you find this difficult just say out loud “I bring love and light into my home, I uplift the energies of this place and everyone who is sharing it, all is at peace and in harmony”. Your intention and love for the happiness of your family will set a chain reaction with the energy and you will be amazed how potent this can be. Anchor this energy by buying a bunch of flowers and see them as a symbol of the lighter energies of nature that give pleasure without any demands.

Love and blessings
Anne