

Final thoughts...

“And the day came when the risk to remain tight in a bud was more painful than the risk it took to blossom”

Anais Nin

The time to blossom into your highest potential is now...

Those beautiful words from Anais Nin have been a favourite of mine for as long as I can remember.

In order to allow ourselves to blossom we have to take responsibility for the resistance and self-sabotaging patterns and behaviours that we are holding onto. Take a moment to become aware of what you are feeling in this moment. Is there a trapped emotion associated with that feeling?

If you would like to learn some easy and useful techniques to find out if you do have any trapped emotions and release those that keep you stuck and unable to achieve your highest potential ~ book an appointment with me at the Cottage Healing Centre in Tamworth.

I would love to offer you support and empower you to release these and any future trapped emotions as they resurface from your sub-conscious during times of stress or as your Soul deems them ready to be released.

Sue Fraser
International Spiritual Teacher
Author
Founder of Magenta Rose Alchemy

Contact me at 0044 (0)7547255394



Findhorn Flower Essence Combinations

As a practitioner for the **Findhorn Flower Essences** I would like to offer you a **combination Flower Essence** made specifically to support you through your current phase of transformation.

You can either book a personal consultation with me at:

The Cottage Healing Centre
114-116 Lichfield St
Tamworth B79 7QB
Tel: 01827 314952

or write to me via email with
information on your current situation to
info@magentarosealchemy.eu
and receive your combination by post
along with instructions for use

£33

(plus postage & packaging
for email choice)

www.magentarosealchemy.eu



coming soon >>>

In The Next Issue

Step 2 of Love your 'self' into Alignment

News of Upcoming Workshops

Special Offers

Q & A Box

in this issue >>>

Love your 'self' into Alignment ~

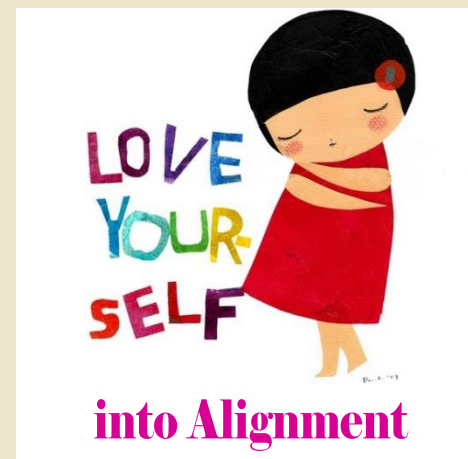
New 8 week Program

Magenta Rose Reiki

Consultations

Q & A Box

current topics >>>



New!

8 week course:

- In person
- On-line

<http://www.magentarosealchemy.eu>

Begins:

Wednesday 6 August 2014

The Cottage Healing Centre, Tamworth

At 7.30 – 9.30 pm

Thursday 21 August 2014

The Cottage Healing Centre, Tamworth

At 7.30 – 9.30 pm

On-line begins Thursday 21 August 2014

Issue
August 2014



A Monthly Insight into what's going on...

In~tuiti ♥n

Greetings! from my new home sweet home



I know it's been a while since my last Newsletter!
It feels like I have been on a Roller-Coaster ride. How about you?

I have now landed back home – literally!

Isn't it funny how the Universe knows where you need to be and when we're off on a side-route or diversion we're brought back – sometimes with a big thud!

I have learnt so much in the last year!

Whilst I've been emptying boxes that have been in storage for the last 3 or 4 years, welcoming my few treasures into our new home, I have been reading excerpts from my journals from the year 2000 onwards...

Everything I channeled from back then was teaching me the importance of loving my 'self'. At last the penny has dropped!!!

*Life takes you
to unexpected
places,
Love brings
you home!*

I have learnt *why* I need to love my 'self' and *how* to love my 'self'. What a journey! What a feeling of utter, inner Peace... and what an amazing feeling as I effortlessly attract so

much love and support along with everything I need and want for my new home. It's AWESOME!

Thank you! Thank you! Thank you!

Not only am I living in an apartment which is part of a 15th Century building, I am blessed

to be right next door to the beautiful Cottage Healing Centre in Tamworth where I have been welcomed home with open arms as one of their loving community.

It has become very apparent that in this unprecedented time in the history of our living, breathing beauty-full home-planet, Earth, that we cannot share ourselves

Continued from front cover >>>

effectively until our own cup ‘doth runneth over…….’
We each have specific needs to tend to and for me, at this time, the most important is to become willing to listen to my ‘self’.

And this has led me to my ultimate path of service – it’s been a long, diverse and often painful path to get to this realization.
Yet here I am. Totally understanding how and why I must love my ‘self’ first before I can serve you. Yes, the Rays and Magenta Rose Alchemy have been



an integral part of my journey, as they will continue to be, but the realization is that they were/are tools to lead me to knowing how to love my ‘self’ and then show others how you can do that too...

My dear friends, when we get to this point of realization nothing can stop us from attracting every single thing that our hearts desire, because we are only wanting to attract what will help us to love our ‘selves’ even more - until our cup overflows with so much love that there is plenty to share.

So, what does it mean to love your ‘self’?
I’ll share a snippet of information about the First Step from my new program that with practice can soon become a way of life for everyone who truly wishes to step into alignment with their highest potential for this lifetime:

“Loving your ‘self’ is being willing to take full responsibility for ALL of YOUR feelings”

In this 8 week program you will be provided with a safe and loving space in which to learn who you really are and how you can practice loving who you are in every situation, no matter how difficult it might be.

I now love me, my ‘self’, enough to be able to love you and show you how to do that too.

All you need is Love!



into Alignment

Begins!

There’s an option for everyone:

Wednesday evenings 7.30-9.30 pm from 6 August for 8 weeks
Thursday evenings 7.30-9.30 pm from 21 August for 8 weeks
On-line (work within your own schedule) from 21 August for 8 weeks.
This will be a combination of audios, written information and exercises

[Book your place on the course here](#)



Testimonials

“An amazing first session that completely surprised and empowered me in unexpected ways. Some very easy tools were taught to allow me to tune in and connect with my ‘self’ and body! Amazing!!

“Wow! It’s amazing! Do it!!! and it’ll completely surprise you in unexpected positive ways!”

“An amazing first session in which Sue gave us information, insights and powerful healing and so much more than I had anticipated!!
Tools to empower you!
Thank you!”

Magenta Rose Reiki



Reiki is a beautiful energy that we can access to help bring our bodies and lives into balance. **Magenta Rose Reiki** merges traditional Usui Reiki with the added benefit of activating the flow of Rays (colour) to enhance the process. This is a safe, gentle and non-intrusive hands-on healing technique.



I am offering an intensive 2 Day course that will bring you to the Practitioner level of Magenta Rose Reiki.

This weekend course will also include the traditional Usui Reiki procedures; once you have achieved the required case studies and distant healing practices you will be able to obtain insurance to practice as a **Magenta Rose Reiki Practitioner**.

You will also be able to attend a monthly **Magenta Rose Reiki Share** to practice and receive a wonderful balancing treatment.

[Click onto this link](#) to book your place at

The Cottage Healing Centre
Lichfield Street
Tamworth B79 7QB

Special Offer!
Weekend Intensive
2 day course to achieve Levels 1 & 2
Magenta Rose Reiki Practitioner Level
£125

September 2014
Dates TBC

Now for your Questions >>>

Q: Where can I order your book?
A: My book ‘Introduction to Magenta Rose Alchemy’ is currently being revised. However, you can still obtain a pdf version for £10 by emailing me at:
info@magentarosealchemy.eu
please write ‘book deal’ in the subject line

Monthly Prize draw

FREE Reading!

For a chance to win a **FREE** Reading with me simply email me at:

info@magentarosealchemy.eu

please write
FREE Reading
in the subject line and the reason
you would like a
FREE Reading with me?

Draw will take place the last
Friday of each month

Consultations >>>

As a **Special Offer** to introduce you to the way I work in one to one sessions I am offering an hour’s consultation for £33. This is my usual price for half an hour.

Consultations consist of:

- identifying the root cause of any trapped emotions that you have
- opening up a direct channel with your sub-conscious
- discovering the reason that your body has held on to this emotion for so long (if appropriate)
- past life healing (if appropriate)
- receiving guidance in your current situation
- a bespoke flower essence to support the release of the emotion