

In-tuition♥️— teaching you to teach yourself, from the heart!

Newsletter

Oh my! Where has the year gone so far?!
And what a year it has been...

2013 has certainly continued with 2012's theme of:

CHANGE & TRANSFORMATION

This is happening for all of us in one way or another, how are you coping?

Are you learning to adapt and roll with the changes, or are you resisting them and being painfully forced to change anyway?

The energies of this year have been fast



and furious to say the least and they have left many of us reeling in their wake.

All this shifting on a personal and global scale has unearthed what I have been guided to call 'wayward energies'.

That's an interesting term. I typed *wayward* into Google and the first definition that came up was this:

"..difficult to control or predict because of unusual or perverse behaviour..."

I don't know about you but I've certainly experienced some *wayward energies* surfacing, both from myself and others throughout this year; and it's definitely left me reeling. You might be interested in reading a recent channeling I wrote from Michael/ about this specific subject, if so [please click on this link.](#)

By now you might be asking, or even pleading to know "what is the purpose of all this *wayward energy*?"

Our Earth is (not so subtly) shifting, and as she does so lots of *wayward energies* that have been suppressed for aeons are making their way to the surface. Gaia (the Earth's consciousness) wishes to be free of these trapped/stuck energies, just as much as we do in our own bodies. Our physical bodies are simply reflecting those often gigantic and erratic shifts (tsunamis; hurricanes; earthquakes etc). Why? So that they (we) can feel comfortable, maybe for the first time in this particular incarnation.

Many of us have brought with us into this life-time, energies that have also been pushed down and hidden with layer upon layer of suppressed emotions and trauma; energies that are seeking liberation and resolution. They simply want freedom.

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But what happens if they explode unexpectedly? Woe-betide anyone who gets in the way of such an eruption! These *wayward energies* are rampant right now, and the on-going square between Pluto and Uranus is giving a mighty hand to unleash them.

What can we do to lessen the damage?

We can take responsibility for observing our own behaviour and help to soften the blow of our own personal eruptions by accepting that this is happening for a good cause: to give those wayward energies an outlet before they sneak up and bite us on the bum!

How do we do that?

As soon as you feel any *wayward energy* in the form of strong emotion surfacing (from within yourself or others):

- STOP!
- Take a nice deep breath
- Ask: “*Where is this coming from?*” or “*Who does this belong to?*”

Accept your first gut instinct or intuition and the simple awareness of knowing that it does not belong to you lessens its effectiveness.

Many wonderful processes abound that you can use to release these untoward energies and diffuse their ability to cause further pain or suffering in your life or the lives of others.

One of my favourite techniques is using the Violet Flame.

You might prefer tapping it out with EFT ([contact me](#) for an info sheet); an ACCESS BARS session (please [contact me](#) for an appointment), or using [Magenta Rose Reiki](#) to balance the energies.



The Violet Flame is a gift to us from Source/ God/ the Universe (however you feel comfortable naming your creator); a gift for transmuting dense/ negative/ wayward energies into a higher vibration.

Wayward energies are lost and confused. They don't recognise where they are or why they are there. They're creating havoc and a lot of confusion within and around us.

Now you understand what's happening you can take control and guide those energies as soon as you are aware of them BEFORE they erupt into an outward display of anger or other strong emotion. And if you don't get to them in time, don't

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blame yourself or anyone else who is displaying the effects of these energies.

- STOP!
- Take a nice deep breath
- Ask: “Where is this coming from?” or “Who does this belong to?”

When you receive the answer, guide the emotion (e-motion = energy in motion) into the Violet Flame. I personally use this grounding and centering exercise each morning as I wake up. [Here is a link](#) to the visualisation I channeled that incorporates the Violet Flame; you can download it if you wish.

When you get used to this exercise it will become second nature. A habit can be created within 21 days as a new neural pathway is forged into your brain!

This year: 2013, is helping us in no uncertain terms to become aware of both ourselves and our environment, showing us what happens if we continue to ignore the change and transformation that is occurring everywhere around and within us.

Our physical bodies have had enough of being stuffed with toxins: food/ energy/ environments/ substances etc that's harming them. They are craving natural sustenance and natural environments to strengthen them so that they can serve us in a way that benefits us, and those we have chosen to serve.

If our physical bodies are jammed full of un-natural and toxic emotions and substances they are not going to be able

to perform as well as they could. They will become sluggish, tired and exhausted as they use all their strength to process the crap that is being pumped into and around them; until they get to a stage where they become too chronically exhausted to even get up in the morning.

What better gift can you present to yourself right now than to become aware of the environments and types of food (physically and energetically) that you are asking your body to digest; before the wayward energies within you have had enough of being forced to stay down with everything that is being pushed on top of them and they unexpectedly explode?

Begin by connecting with your body. Listen to its signals and learn to translate the way your body is communicating with you.

What does it want? What is it crying out for? What adjustments can you voluntarily make to aid your body and environment to go through the changes more easily?

Start loving yourself enough, today, enough to allow you to traverse the transformation from within and without that is no longer a choice – it is inevitable.

We have the privilege of witnessing a momentous time in the history of humanity and we *can* choose whether we flow with those changes or whether we sit back and let those changes happen *to* us. The choice my friends, is yours.

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Akashic Record Clearing

For those of you who don't know where to start, or if you feel that there is something preventing you from being able to help yourself create even the smallest of changes; maybe there is a past-life situation that is keeping your energy stuck? You may benefit from an Akashic Record Reading and Clearing Session with me?

You simply send me *one* question (for the 30 minute session) or describe the issue that is presenting itself and I will channel your reading and clearing process and send you an audio file of your reading via email. [Please follow this link](#) to book your reading.

For up to 3 questions (60 minute session) you will receive up to an hour's reading and clearing session recorded as an audio file and sent to you via email.

6 Step Program in Akashic Record Clearing

Available to purchase from Monday 7 October! A complete program for you to use over and over again whenever limiting beliefs raise their head. [Only £35!](#) until the end of November 2013, then it can be purchased for £65.

Group Akashic Record Clearing Day: Tamworth, UK 10:00am – 3:00pm

I will be visiting *The Cottage Healing Centre in Tamworth* for a day's **Introduction to Akashic Record Clearing**. Working with a group obviously amplifies the energy, so if you're in the area there is

a special rate of **£35** for this one day only. You will be taught the *6 step program* and receive a pdf manual, and audio files for download to practice at home.

Please [follow this link](#) to book.

2 Day Divine Triangle and Akashic Record Clearing Workshop

If you enjoy numbers and calculations as much as I do ☺ this workshop was created for you to get your teeth into.. This is not a beginner's workshop; you should have some knowledge of Numerology even if it's just basic. Saying that, I have created a manual that will take you step by step through the whole process explaining the areas of challenge and resistance you chose for this lifetime, that once mastered will bring through your innate gifts and abilities. Any limiting beliefs you are still carrying around can be diffused by going through the Akashic Record Clearing program. This workshop is for you if you want help living your life on purpose!

This is a program that you can use again and again, and when you are ready you can learn to teach it ☺

Special Offer on UK one-to-one sessions

I am offering a limited number of one-to-one sessions whilst I am visiting the UK during October and November 2013: Plymouth, Tamworth & Cheshunt; please log onto my website and check my diary dates if you wish to book in for one of these [special offers](#) for just **£30!** Each session will last up to an hour.

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DIARY

**Akashic Record Reading or
ACCESS BARS session 1 hour: £30!**

Plymouth **Various dates**
 20 Oct – 7 Nov 2013

please [contact me](#) to make an apt

Tamworth **24 November 2013**
The Cottage Healing Centre
Please [contact me](#) to make an apt

Cheshunt **Date TBC (end Nov)**

If you are interested in hosting a workshop in your own area with 5 or more people attending you are welcome to a free place on the workshop. Please [contact me](#) for the requirements.

Until next time

Love and Blessings

Sue Fraser

Intro to Akashic Record Clearing

1 day workshop **£35**

Plymouth **Date TBC**

Tamworth **23 November 2013**
Includes pdf Manual & Audio downloads

The Divine Triangle & Akashic Record Clearing

2 day workshop **£75**

Cheshunt **30 Nov & 1 Dec 2013**

Includes pdf manuals & audio downloads