

Blessings from Susan Lynne

July 2008



Listen Now.

to a clip from my new CD, *Body Mind & Spirit!*

Greetings, this year is certainly flying by!

It has already been four months since the launch of my website, www.mediumlink.com and this is the seventh edition of my newsletter, *Blessings from Susan Lynne*.

Earlier today, I was reminded of a scene from *Alice in Wonderland* that involves the March Hare, the Mad Hatter and Alice. It was the scene regarding the celebration of unbirthdays. *"A very merry unbrithday to me, A very merry unbrithday to you. Statistics show only one birthday a year. Imagine only one. There are though, 364 unbrithdays. Lets blow out the candle on the cake, make a wish and hope that it will come true!"*

Indeed this is a very merry *unbrithday* for both my website and my newsletter! In honor of these very merry *unbrithdays*, I would like to share with you all the amazing additions that have recently manifested.

Orbs of Hope and Joy

There is a wonderful new inspirational story in the [Orbs of Hope and Joy](#) section of the website. Please do check it out and feel free to send in and share your own stories with us. Remember, we are all in this together.

CD Set

In June, I recorded a fantastic set of CDs, *Body, Mind & Spirit (Affirmations)* as well as *Meditations*. I am so pleased that the CDs are growing in popularity! The meditation CD includes two manifesting and one transformation meditation. Please visit my site to [listen to a short sample](#).

Online Courses

Starting in August, I will offer new online courses in Color Therapy and also Communicating with Your Angels and Guides. In Color Therapy, we will explore the history of color, the effect it has on your body, mind and spirit as well as our chakras, auras and much more. In Communicating with Your Angels and Guides, we will explore the history of Angels and learn how they play a role in our ever day life. We will discover how they regularly interact with us and learn how to receive messages from them.

Each course comes with a set of CDs that supports the lessons that will be sent to you by email. Color Therapy begins August 20th. Communicating with Angels and Guides begins September 17th. While classes begin on these dates, I will work with you to determine a course schedule that works best for you. Please do visit my website for [course descriptions and further details](#)

August Angel Workshop - Manifesting with Your Angels

On August 23, I will be hosting a workshop at Bailey's Black Widow Farm in Cross Junction, Virginia. I am so excited for this special event and hope that you will [visit my site for more details](#).

JABBERWOCKY

It has come to my attention that many of you are sensing a state of jabberwocky from the Universe. Jabberwocky was first introduced in Lewis Carroll's *Alice Through The Looking Glass And What Alice Found There*. It is truly the greatest nonsense poem ever written --<http://en.wikipedia.org/wiki/Jabberwocky>

As we receive these messages that seem at times "jabberwockyish", we often feel totally dumbfounded. We have that Alice moment - "It seems very pretty," she said when she had finished it, "but its rather hard to understand! Somehow it seems to fill my head with ideas, only I don't exactly know what they are!"

The key to unlocking and fully understanding the jabberwocky we are receiving is within each and every one of us. Begin first with **gratitude**.

Make sure you start each and every day in the attitude of gratitude. Make sure you are really breathing. Not those shallow tight in the mouth breaths but an enormous inhale from the nose and massive "ugh" sound exhaling from your mouth. Do this in the morning and evening and when the waves of stress hit. Relax, meditate, and stop micromanaging every aspect of the day! Just be. Trust me, when you can take the chatter down, the jabberwocky translator will kick in.

FEEL IT, BE IT, LIVE IT

In closing I leave you with this message:

*The Universe gives us enough room for all the experiences we want in our life. The key is; do not put the intention of control on what you are trying to create. **Feel it, be it, live it.***

Angel Blessings,

Susan Lynne

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