

Blessings from Susan Lynne

March 2008



St. Patrick's Day Reading Special

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Greetings!

March is a month for communicating and manifesting and I started it off with a wonderful workshop called, "*Manifesting with Your Angels.*"

They often say that March comes in like a Lion's roar and this quickly brings our attention to the opportunities the Universe (so quietly at times) sets before us. Many of us have problems with manifesting or hearing the guidance of our angels with all the chatter we have going on. We are constantly wrapped up in the chatter of the who, what when, where, why, and how's that drive our existence as humans. It is no wonder that we do not hear the guidance and direction of our angels!



One technique to being in touch with your angels and hearing their guidance is **breathing**. My Angels, namely Archangel Raphael and Uriel have told me that the true connection to the spirit, angels, and God is through breathing.

Here is what I call -- **The 360**. This is an exercise that can be done at any time during the day.

- 1) Get yourself in a comfortable sitting position whether that be on the floor, in a chair, or outdoors.
- 2) Shake out your hands and arms until you feel a jelly type softness.
- 3) Close your eyes visualizing the silhouette of your body. See yourself as a white message board. Take the eraser and totally wipe the board clean. Now visualize the center of your core as tiny pilot light.
- 4) Take your first deep breath using your diaphragm muscles and breathe in from your nose. As you are inhaling, see the light begin to flow through your body. Hold the breath for three counts, and then slowly exhale through your mouth. Repeat this 2 more times and by this point, your body should be glowing and radiating with white light.
- 5) For the next three minutes, be in tune with the white light you see radiating. Experience stillness. Listen for the sound of your own blood flowing. Feel your legs and what they are saying to you. You will even hear the different sounds in the air surrounding you. Soften your belly to the point of jelly as you are doing this and feel your heart softening; your whole body becoming a mushy mass. Just be. Be in the stillness and absorb it like a dry sponge.
- 6) After three minutes (you may choose to go longer), repeat the breathing we did in the beginning. This time, as you exhale the light you take in, you will diminish the light until it is gone.

Now get up and think of what you want to manifest today! Write it down or speak your dream, *visualizing* and *feeling* it. Then let it go as if it is a balloon traveling through the Universe.

You will be amazed with your results after trying this exercise consistently at least for 2 weeks. You will indeed notice messages from your angels and opportunities to manifest that are coming your way!

Another important technique is to **release**. Whatever you are striving for or wanting to manifest, remember you need to ask from a position of calmness. If you are ordering a skim cafe latte you would not mention it 7 times to the barista and then go behind the counter to be sure he made it! You only need to send the message out once during the day, then let the Universe do its work.

Take time to breath in all the crisp fresh air of opportunity that March is manifesting for us. Enjoy it!! May the Angel of Manifesting come your way so you will full enjoy this wildly wonderful world!

Angel Blessings,

Susan Lynne

Happy St. Patrick's Day!

Shamrocks, green, gold, and luck -- you guessed it, St. Patrick's Day!



The Irish refer to this holiday as *Lá 'le Pádraig* or *Lá Fhéile Pádraig* translated to mean, *St. Paddy's Day* or *Paddy's Day*. Each year on March 17th, over 34.7 million people living in the United States "claim" some type of Irish ancestry. This is over nine times the actual population of Ireland! It is both fitting and appropriate that this joyous celebration of luck should take place during the month of March, a time of manifesting and blossoming!

Legend has it that St. Patrick was born into a wealthy British family at the end of the fourth century.

His father was supposedly a Christian deacon but it has been ascribed that he did this to avoid taxes. At the young age of 16, St. Patrick was kidnapped by Irish raiders who attacked his family estate.

For six years he was held captive and worked as a shepherd. During this time of isolation, he turned to the stillness around him for prayer and strength. One day he finally escaped with the help of an angel who directed him back to Ireland.

St. Patrick is best known for driving the serpents out of Ireland. This is more of a symbolic legend as there was no plague of serpents across the country of Ireland! Instead, the serpents were the Druids of Tara who Patrick converted to Christianity.

Patrick chose to incorporate Irish traditions into the Christian message he spread. Easter for example, was celebrated with bonfires as this was the way the Irish honored their gods. He also took the symbol of the sun and placed it on the cross, and from this emerged "The Celtic Cross". He was always one to honor the nature based aspects of the Irish traditions which have been passed down generation by generation and are rich in legends and myths. It is no doubt that St. Patrick has many colorful stories attached to him.

And so in this month of communication, manifestation, and luck, let's send a little wink to St Paddy and manifest the luck and joy that this season brings!

Orbs of Hope and Joy

I would love to hear from anyone who has a manifesting story! If you or someone you know has a story to share, please send them to webmaster@mediumlink.com. I will feature them on my new website due to launch later this month!

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Susan Lynne