

# Blessings from Susan Lynne

May 2008



## Goddess Special

Join me at KarmaFest for  
the Goddess Special!  
Please visit [my website](#)  
for more information  
about this special event and  
promotion!

Greetings!

Welcome to the fifth month of our calendar year - May, a month of movement, action, possibilities, and being in the moment. This month was originally named for Maia Majesta, the Roman goddess of spring. In recognition of the energy and beauty of this glorious month, the focus will be dedicated to **manifesting**.

As 2008 began, we all made resolutions and were full of excitement, hope and promise. We promised to eat better, go to the gym more, and focus on what we really want. Yet we often begin with such good intentions and fail to follow through.

If you recall from my earlier newsletter, we are in a 1 year which should make manifesting a breeze! My angels have told me that one of the secrets to manifesting is to **be patient**. Being ensconced in a fast paced lifestyle, we often loose sight that acting in a demanding or wanting manner is actually counterproductive to the nature of manifesting.

Did you start the year with hopes, dreams, and aspirations? Are you feeling that nothing is moving the way you had visualized? Do you believe your manifesting is off the mark?

One of the major components to manifesting is being balanced and present in the moment. Archangel Jophiel is one of the angels of manifesting. She has told me that ***the key to manifesting abundance in all areas of our life is balance***. As we go through our earthly journey, we often loose sight of the hope, joys, and aspirations we were born with. Archangel Jophiel tells me that that we need to bring more sweetness back into our lives.



And so during this month of movement, joy, and possibilities, let us concentrate on softening our heart and brining the sweetness back to our spirit. The angles are telling me that as we go on experiencing life, which is our own personal creation, we often forget that God puts us here for one and only one purpose - **to be happy**.

Archangel Jophiel has explained to me that one of the keys to manifesting is to take the word **WANT** out of your vocabulary. People have been saying to me "I want a new job", "I want romance in my life", "I want to be happy"; yet nothing is happening. Well, as Jophiel explained to me, you need to take the **WANT** out as doing so indirectly says that we are lacking. Instead of brining a new job, new romance or happiness, we instead bring attention to the lack.

To bring in what we desire, Archangel Jophiel suggests that we say **I AM** as changing the wording makes all the difference. She also stresses the need to be patient and kind to ourselves. Here is a meditation for manifesting that she would like me to share with you.

Angel Blessings,  
Susan Lynne

## MEDITATION FOR MANIFESTING

**First:** Be sure you are in a comfortable chair or position. Make sure you head, neck, back and lower limbs are perfectly aligned.

**Second:** Take a deep breath and hold to the count of three and then let go. As you let go of this breath also let go of any worries, fears, hurt, or sadness you are carrying.

**Third:** Take three more deep breaths and as you exhale each time, say, "I am letting go of all feelings that are weighing me down."

**Fourth:** Think of one of your fondest memories. Once you have that memory tightly in your thoughts, take a deep breath. This deep breath will be breathing the love, joy, and happiness that memory evokes all throughout your body.

**Fifth:** As you release your breath, see the love, joy and happiness settling deep within your spirit.

**Sixth:** You are now ready to start your day! As you set out to manifest, draw on the feelings of love, joy, and happiness. Make this glorious feeling your state of being. When you achieve that, you will never have want in your vocabulary, just being.

## KARMA FEST 2008 - JUNE 7 & 8

I am very excited to be participating in this year's [KarmaFest 2008](#)!

**Susan Lynne**  
*at KarmaFest 2008*

I am blessed to be located in the new building with some of the most amazing energy healers in the area. In addition to individual readings, I will also lead 2 workshops during the weekend. Please continue to check my website for more information and I will be sending more details and updates shortly.

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