

Spirit Essence Newsletter

Spirit Essence :: Issue 12 :: July 2011

Dear all, welcome to the 12th newsletter, It's 5 months since my last one..... What a beautiful summer we are having, lets hope it continues into September. So what has been happening in the Spirit Essence Camp? It has been a roller coaster 5 months with a bulging diary or very quiet one..... I knew this year was set to be a challenging one, with emphasis on personal responsibility and clearing any clutter on all levels that stops one making the most of the new energies coming in 2012. I just didn't realise what that entailed!!

You'll never walk alone.....

whether that be because spirit is always with us or because misery likes company! I don't know whether you have found that the energy levels this year so far have been dipping. I can be on top of the world and buzzing and then an hour later feel totally drained and depleted. I have come across some articles that say this is because of all the natural disasters affecting the earth's atmosphere and energy; because we all live here we are feeling it! Being an Airhead (Gemini) I love to ponder why this is happening and whether I am doing anything personally to affect my energy levels. I know when I am, because I get a tightening in the chest area (I believe this is as my heart centre struggles to stay open) A lot of the time I just get a sense that it is to do with planetary movements and this year has certainly been full of eclipses so far. The answer? Try to maintain your equilibrium by following your feelings, for the energy this year is much more feeling based, rather than head based. In fact I have noticed if I try to make things happen, plan them, like I have in past years, something happens and it goes awry, and I'm left wondering what caused that! When I stay much more in the flow, I feel much more centred and peaceful and have a sense of knowing that everything is just working out perfectly. I have also noticed that when I give, I receive, so even though sometimes the thought goes to financial gain, cos we all have a living to make, I have found that to get the energy moving by giving of myself: whether that be Charity events, or working at schools to raise awareness the energy lifts and everything starts moving.



I am invincible!

Well when I'm in the flow I certainly feel it and this year I have been fortunate enough to do quite a few public demonstrations and the energy has been very powerful. Now just to balance the perspective the private sittings and healing sessions have been very powerful too. I have been reminded that there is another level and that I am not always aware of everything that is happening energetically, so just do my bit and trust! Easier said than done when one has a analytical enquiring mind.... It is lovely to see the shifts or know that they are happening....

Here we go again

I have just realised that the last newsletter was when we were preparing for The Weekend event at Harford Manor and on the theme of giving I was approached by The Martial Art and Wellbeing Centre to put on a similar event. So if you missed Harford Manor, which was a lovely weekend, or enjoyed the evenings and days, book yourself in for this. We have over 30 stalls to tempt, pamper and inspire you, as well as a Psychic supper with a twist and a Clairvoyant Evening, where Tina will once more be giving a demonstration of Mediumship as well as pushing the spiritual boundaries, after all there are no limits!



The skies the limit....

Has anyone else noticed how blue the sky has been, even if it clouds over later, it seems to start off really blue. To me Blue is a communication colour and all about following ones truth. I certainly feel this year is about being true to oneself and maybe that is why there has been so many difficulties either health wise, as our bodies try to let us know we are out of sync or in the relationships closest to us, as we are encouraged to be ourselves. If you feel you want to know yourself better this is a great time to do some personal development work, and there are plenty of courses and sessions on offer. The developing mediumship groups are still proving popular, as is the Transformation game.

And now for something a little different

I often get asked how I read Tarot as people look at the pictures and what I am saying is not in the picture at all. I feel this is because I use them as a focus and allow spirit to talk through them, so watch out for a new mini workshop where I'll be offering Tea and Tarot sessions, these will involve working with the tarot in a different way.

One Moment in Time....

So from now til my next newsletter I'm going to be practising a staying in the moment, going with the flow and making sure that I appreciate EVERYONE around me even those who it seems hard to love and keep my heart open to..... Maybe you could try to.



Big Thanks to Broadland Digital print www.broadlanddigital.co.uk for meeting my impossible deadlines!

TINA'S TAO

I thought I would, I felt I should and then I knew I really could! Everything is possible with a great attitude.

MARTIAL ART & WELLBEING CENTRE, WYMONDHAM NR18 9AQ

Mind Body Spirit

50p OFF
entrance to the
Mind Body
& Spirit Event
with this flyer



PSYCHIC SUPPER - Saturday 16th July 2011

WELLBEING MIND BODY SPIRIT SHOW

- Sunday 17th July 2011

EVENING OF CLAIRVOYANCE

- Sunday 17th July 2011

PSYCHIC SUPPER - Saturday 16th July 2011 - 7.00pm - 10pm

This is a psychic supper with a difference. You'll receive 2 x 10 minute readings, goody bag and hot supper, sweet and tea or coffee. This is a popular event only 48 tickets available.

Ticket price: £18 per person (advance ticket sales only)

WELLBEING MIND BODY SPIRIT EVENT

- Sunday 17th July 2011 - 10am til 4.30pm

As well being becomes a priority we bring you the best selection of alternative and complimentary therapies, inspirational readers, talks and demonstrations as well as great gifts. Refreshments available all day.

Entrance: £1.50 per person (under 14's free), £1 if purchased in advance*

* All monies taken on the door are to be donated to The Martial Art and Wellbeing centre and Brain Tumour Research Charity.



EVENING OF CLAIRVOYANCE WITH TINA WILKINS

& FLEDGLING MEDIUMS - Sunday 17th July - 6.30pm - 9.00pm

Another opportunity to see the fledglings and Tina bring evidence of spirit.

As before there will be something a little different in the 2nd half...

Ticket price: £6 pre paid ticket (£8 on the door)

For more information contact Tina Wilkins on
01603 414663 or www.spiritessence.co.uk
to book your tickets in advance.



FORTHCOMING EVENTS

Please see my website www.spiritessence.co.uk for full details on forthcoming events, but here is a glimpse of the coming month...

COURSES & WORKSHOPS:

Transformation Game Taster Sessions

Sunday 24th July, 6pm til 8pm, FREE - A great opportunity to see what the game is about and whether you want to play.

Reiki Share

Sunday 31st July, 10am til 12.30pm (max 12 people).

More Power To You Pendulum

Sunday 31st July, 1.30pm til 3.30pm.

Transformation Game

Sunday 31st July, 5pm til 10pm, £68 per person - Open to 4 players for a 5 hour session.

Reiki 1st Attunement

Saturday 6th August, 10.30am til 4.30pm, £128 including manual.

Reiki 2nd Attunement

Sunday 7th August, 10.30am til 4.30pm, £158 including symbols.

Reiki Master/Teacher Class

Saturday 27th August, 10.30am til 4.30pm - Are you ready to attune to the master vibration, to take your Reiki that step further and teach others....

Healing Day

Sunday 28th August, 10.30am til 4.30pm.

Mediumship Development Course

Starts Thursday 8th September, 8pm til 10pm, £68 for 6 week course, Norwich venue.

Mediumship Development Course Ongoing

Meets Mondays at Harford Manor School, 43 Ipswich Road, Norwich.

Please call or email to book an appointment for a therapy, reading or workshop - **01603 414663** or tina@spiritessence.co.uk

Also if you would like to leave a testimonial on the Website there is now a page, your feedback is much appreciated.

TINA'S TIP

If your energy dips, 3 things to check....

1. Are you looking after your body, the right foods and rest.
2. Are you thinking something positive, or voicing something negative? This will affect how you feel so make sure it's good!
3. Are you listening to your feelings, they are a great indicator to how you really are....

TINA'S TREAT

Book* a session, workshop or course in July or August and receive a half price voucher for another that can be used up to the end of 2011.

*must be to value of £48

contacts

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