



Susi Jones Monthly Newsletter

June 2022



Reflection on May

Life in retrograde....eclipses, full moons and powerful energies from the sky have created much time for reflection and healing. We are called to let go of those old stories and create new ones.

Wherever you are on your personal development or spiritual path - remember you are a human being! Let yourself off the hook a little, find more fun things to do and laugh outrageously whenever you can.

Wellbeing

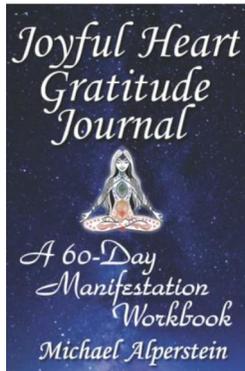


Did you know you can change your life with your breath? Yes you breathe automatically and when you stop....well you know what happens!

When I work with people, I find that even those who know all about the breath in meditation or yoga - forget to breathe deeply when they are washing the dishes or having a shower.

I challenge you to BREATHE with intention until you naturally breathe deeply with each activity

Books



Because I have been writing the proposal for the book, I have read more than I would normally do in a month. Here are a few that might grab you...

Mind to Matter: Dawson Church if you are interested in neuroscience

Wisdom Codes: Gregg Braden a fascinating short read drawing from familiar texts

When I was a Girl: Ros Jones: A novel I could not put down

Joyful Heart Gratitude Journal: Michael Alperstein: A 60 day Manifestation Workbookwith rave reviews

Meditation



When we take time in Mystery - that magical place where the world stops and the magic begins..... We find a deep and powerful peace.

This is also the place of our greatest creativity, when we get lost in learning, lost in creation we make space for new ideas.

Link to your Meditation for the Month: (please download to play if you are not an icloud user)

https://www.icloud.com/iclouddrive/030sEiB--drqY4PGSG2Q-R0hA#Susi_meditation_1

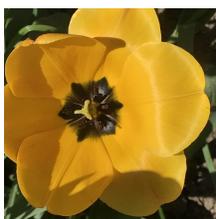
Recipe



I love to make 'garden tea' with the addition of a slice of lemon and in this case some flowers from Herbal Tea Leaf Company. If you haven't got a garden, then snip the tips of nettles to make a great tea.

This pot: Fennel, edible lavender, oregano, mint and parsley was a refreshing treat. I'd love to hear from you with your special recipes

Creativity



When we are at our best, we set ourselves free to create - we are creation, that means we are creators. We create our reality, we create the life we have and have the capacity to create changes to our everyday lives to lead us in the direction of our dreams. Take time in Mystery and dream big dreams, create a vision board, write in your journal and create connections with your tribe. This requires focus, discipline and action

As you know I am channelling a book with the Goddess Isis - One of the important aspects of writing a book is selling the book! Creating platforms to increase your reach has to take priority over pretty much everything else apart from writing....and now the garden is screaming for my attention, housework has dropped well down the list!

May has been primarily about creating a Proposal for publishing houses to see if they are interested in my book. But as well as this I have created a PodCast - this of course meant more learning. When the proposal is in, I can focus more and publish the podcast . It is called "With words in mind" the title chosen by my tribe and is there to encourage people to find healing through the practice of writing. I chose the photograph of this flower as this will be the brand colours, once again chosen by my tribe. If you are a writer of any kind - get in touch and you can join me on this platform.

Nature abhors a Vacuum



A short blog inspired by Aristotle's quote which stayed with me for a week or two

www.susijones.com/post/nature-abhors-a-vacuum

Circle of Light

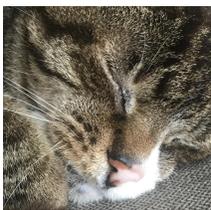


Our May Circle of Light welcomed Kathy Zablotsky from I speak with animals. Kathy shared her own powerful story that led her to this work and some wonderful stories from animals and their owners.

Our Circle on the 13th June will be a shared experience here is the link to this free event:

<https://us02web.zoom.us/j/89360967014?pwd=UzZlUDNyS3RFQ1k5ZUJ2MmxJMkNYZz09>

Social Media



Without doubt, Simba, our lovely senior cat, has stolen the show on Facebook - but who doesn't love a cat photo? In May I posted a lot of photos from my walk with Oreo and a short video through a woodland. And in the Isis Wisdom group we have been exploring Wealth - financial and Health. These are channelled words from 2021 when I was getting to know Isis. Do request to join and share your own wisdom on Mondays

I have had no time to make a video for my Isis Wisdom YouTube channel, as the joy of being a writer means that you have to batten down the hatches and focus only on your task. But I did bite the bullet and once again attempt success with Instagram . Please consider following me there. https://www.instagram.com/isis_wisdom/?r=nametag

Dates for your June Diary *

*Life Path Group: 6th June @ 17.00

*Circle of Light: 13th June @ 18.00 - 19.00

<https://us02web.zoom.us/j/89360967014?pwd=UzZlUDNyS3RFQ1k5ZUJ2MmxJMkNYZz09>

*Conversation with Isis and a guided meditation: 23rd June @ 09.00 London time

<https://us02web.zoom.us/j/81630262864?pwd=QVNUalFMbXpXeVBlUkloQ09wQjBzZz09>

*Conversation with Isis and a guided meditation: 23rd June @ 18.00 London time

<https://us02web.zoom.us/j/81082161893?pwd=SW9GS1BXelZWdG90V3M0RGJBbnFMdz09>

And of course :

*Isis Healing Codes with Intuitive Reading: £30 for 30 minutes

*Hypnotherapy, Coaching & IMUA Programme - appointments available through website

Gratitude

When we start the day with gratitude and we hold people in our heart, we can send healing golden light to all. Starting your day this way raises your vibration. Don't forget to add those who are offering you contrast through challenges, they might be just what you need to shift you in the direction of your dreams:

I know I have missed important people off this list - and if your name is not here do not take it personally, instead know you are deeply in my heart. And if your name is on here and you don't know why Know that I am grateful for all that you bring to the world.

ros ruth elaine dominique
sara jules fiona kay
wren sue gail jane denise
ahmed kathy jake elie monica
lynn chris michael jake elie monica
rachel michael jake elie monica
kelly reid cathryn ro geraldine
june zoe stacey clare dawn
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