



## Susi Jones Monthly Newsletter

Welcome voice recording and invitation:

[https://www.icloud.com/icloudrive/0f07IIlNtmmfx4wAcFAVid\\_OHg#welcome\\_July\\_Newsletter\\_-\\_29/06/2022\\_19](https://www.icloud.com/icloudrive/0f07IIlNtmmfx4wAcFAVid_OHg#welcome_July_Newsletter_-_29/06/2022_19)

# July 2022



## Reflection on June

In June Saturn was in Retrograde from the 4th of June, making communication and things we wish to communicate about taking a more serious tone. We were called to work with Saturn's dose of reality and hard work by remembering how we grow in wisdom and maturity through taking a grounded look at reality and by making practical steps in our lives.

Our Sun and life force moved through the zodiac sign of Cancer bringing deep sensitivity and emotional connection, nurturing and protection. Called to shower some of that sweet loving care on yourself as well as others during this solar cycle through this sensitive water sign.

Venus in Gemini brought youthful fun loving curiosity to our love life, abundance and self worth. And benefit from the ability to communicate with some emotional distance about things that have perhaps felt too deep to tackle.

And Neptune retrograde on 28th June called us to reflect on our spirituality including beliefs and practices. Brought to you by Rachel Maria Bell

<https://www.facebook.com/racheljane31100>

<https://rachelmariabell.com>

## Wellbeing



One of the greatest challenges in life is our relationship with others. People come and go in our lives and leave tracks.

The word for 2022 is Balance. It is only when we ground ourselves that we are stable enough to weather the storms of relationships. When we stand firm, confident in who we are, we are able to share our truth and not crumble when lambasted by others.

Finding your true power requires time and commitment to your personal and spiritual development and a willingness to let go of old stories.

## Books

I confess I haven't finished all of the books I started last month. So here I will share 2 of my old time favourites:

**Anatomy of the Spirit:** Carolyn Myss: this amazing book opened my eyes to the possibility of faith without religious practice. It taught me how to understand the body-mind connection, chakras and how to release myself from belief systems that I had walked away from. - I would say it saved my life in so many ways. I have read her other works and she is present on YouTube and other places - a phenomenal woman

**The Four Agreements:** Don Miguel Ruiz. This ancient wisdom is so simple, so life changing and such a brilliant way to navigate the world. I have taught these agreements to preschool and school children, adults and I have lived by them for many years.

## 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:

[https://www.icloud.com/iclouddrive/0e0-xHRDUHcdMiFJkjpCH4bIg#july\\_meditation\\_butterfly\\_-\\_29/06/2022,\\_18](https://www.icloud.com/iclouddrive/0e0-xHRDUHcdMiFJkjpCH4bIg#july_meditation_butterfly_-_29/06/2022,_18)

(please download to play if you are not an icloud user and if you have problems email me so that I can send it directly)

## Recipe

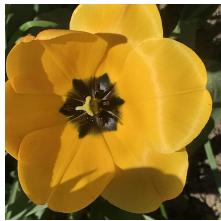


**Face and Body Scrubs** are just wonderful if made in the kitchen.

Body: Ground Coffee, sea salt, coconut sugar: ground in a blender until fine, with coconut oil and a drop of olive or jojoba oil to keep pliable. Add essential oils of your choice.

Face: Simply oats & coconut sugar ground in a blender until fine with coconut and a dash of oil to keep it supple in a cold climate or jojoba (for younger skin) for a simple face scrub and mask. (Photo from the web)

## Creativity



In the UK it's time to get outside, fill yourself with the power of the sun and let your inner child loose! For me it's about gardening, picking fruit, creating interesting salads and juices and eating al fresco.

Exploring new paths and finding inspiration in small things. It's amazing what you notice when you go on a creativity walk. I spent a while talking with a beautiful oak tree that is creating the most magnificent acorns. AND the skies - are just incredible at the moment

## Is it possible that Trauma was the root cause?



There is much talk in the therapy world about trauma, and discussions about how to manage those with a history. I have worked with many people who 'somatise' their traumatic past - using illness to opt out, to self preserve or to rationalise their deep pain. There is no judgement about how any of us manage our past history and there are some excellent tools that give people hope. If you want to learn these tools - get in touch for a free consultation

A short blog exploring the root cause of a lifelong problem of earache:

<https://www.susijones.com/post/trauma>

## Circle of Light



Our June Circle of Light was a shared event. The theme was Connection and we connected in powerful and surprising ways. It is quite amazing how when we remove preconceptions it is possible to find the most powerful links with others.

Our Circle on 11th July will be led by Kristin, here is the link to her facebook page: <https://www.facebook.com/kkozlowski> and the link to

the Circle:

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

## Social Media

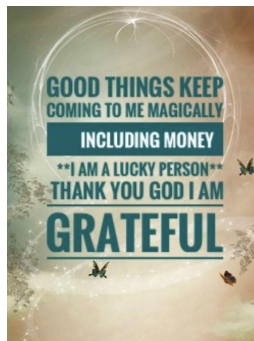


I discovered the power of Reels in June, I am editing my book and copied a short section onto a Facebook post. This inspired me to make a reel - which I had never done and the first one got over 2k views within 2 hours. That staggered me as Instagram has never truly worked in the past. I do think you have to try lots of different ways to connect with new audiences....I plan on exploring TikTok next and have thrown a few in there to see how they align with a younger group

And in the Isis Wisdom group we have been exploring relationships. These are channelled words from 2021 when I was getting to know Isis. Do request to join and share your own wisdom on Mondays

. [https://www.instagram.com/isis\\_wisdom/?r=nametag](https://www.instagram.com/isis_wisdom/?r=nametag)

## Gratitude



When we live a life with Gratitude at the core, the world becomes an exciting place.

My friend [Ahmed Kaley](#) sent me this image with instructions to write these words down several times a day for 21 days and I am grateful and delighted to share it here - add whatever you need to this list, or write your own. The law of attraction is enhanced when we activate the Reticular Activating System in our brains.

Another way to enhance your life is through "Blessing your Food". Do try this, we used to say Grace at the table. When we bless our food by sharing our gratitude for the people who grew the seeds, harvested the crop, drove the crop to the processing plant, processed, packaged and shipped, the shop workers who sold the food and the person who cooked it.. There is just so much to be grateful for. I am not a nutritionist but as an energy healer, I know that the power of your gratitude will nourish you along with the food.

## Dates for your July Diary \*

\***Life Path Group:** 4th July @ 17.00

\***Circle of Light:** 11th July @ 18.00 - 19.00

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

\***Health & Healing Festival** 16th & 17th July: Workshop at 15.00 on 17th and 1:1 healing sessions throughout the weekend and it will be so good just to have a chat: The John Charles Centre for Sports Middleton Grove, Leeds LS11 5DJ

Online:

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

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

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