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## Triune Healing Newsletter Rumblings and Ruminations

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April 2011

Hi Everyone,

Falling face down on the footpath in a small country town called Berry last week I would be forgiven for momentarily forgetting that even this has as a purpose.



I broke my seventh rib. Just like that. It took about one and a half seconds to go from walking purposely down the street to buy some supplies for the week and finding all my plans had suddenly changed.

We are all very much aware, especially in this day and age, that our lives can change in less than a split second. What appears to be a random, disconnected event, never is.

### Everything has a Purpose

I lay still for most of the week. A dear friend cooked me dinner, a devoted husband arrived two days later by train and when I could move, took me to do a little retail therapy which did me the world of good!

Clearly I had come to Berry for break. (pun intended)

You never know what Spirit has in mind when we are not in balance. I didn't even know I was not in balance until I fell. Clearly a broken rib was just what the doctor ordered.

RIB= Rest In Berry

During the week I had ample opportunity to slow down and

look as what was the purpose of the fall. All falls are significant. They stop us in our tracks and allow us to see the road ( or in my case, the foot path) very much more clearly. Rather than looking too far into a fantastic future, perhaps we are being given the opportunity to simply take one small step at a time. The rest will come in perfect time.

### **Launching the 12 Essences of Being**

**The First of the 12 Essences of Being** was born on the 18th February 2011

**The Essence of Joice**, a combination of two words-Choice and Joy came into being over a full 24 hour labour of love. Infused with the energy of the full moon, full sun and then irradiated by the a huge sacred merkebah. Pure thought, loving prayer and Divine Will saturated the vibrated water with all the positive qualities of the first level of Being Choice. And the result is JOICE.



the Super Full Moon during the ,2011March 19on ,One month later  
The water was vibrated for three nights .next three essences were birthed  
were infused 4and 2,3and three days and the highest qualities of levels  
into the water

Thus was born

**The Essence of Harmony**

**The Essence of Understanding**

**The Essence of Time**

Each Essence connect us to the corresponding level of being and guides us through that level so that we can gain Mastership and powerfully move through each consecutive Level of Being

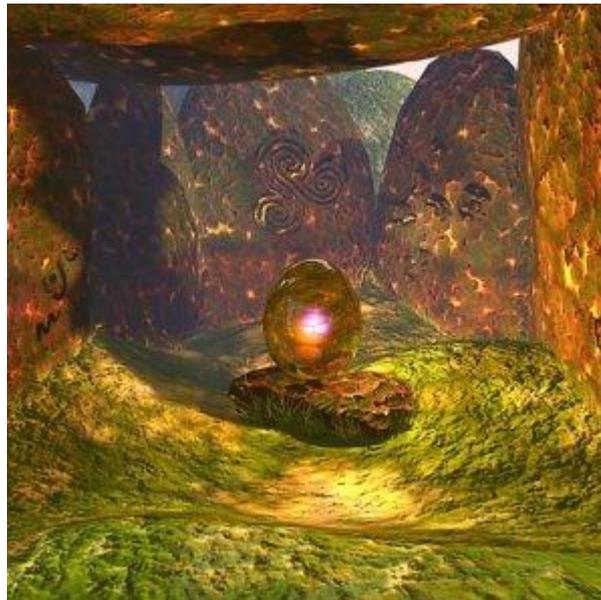
**Remember if you are one of the first 10 people to come arrive on April 12**

**What in the World is Happening- A talk with Sharon Snir**

You will be receive a beautiful gift of these powerful essences.

**What in the World Is Happening?**

## **What in the World is Happening?**



**DATE: Tuesday April 12**

**TIME: 7 pm to 9 pm**

**LOCATION: Crows Nest Community Centre- 2 Ernst Place, Crows Nest - Ford Room**

### **Understanding is the Key to Balance**

As we all know, the world is undergoing many powerful changes at this time.

Is it possible to hear the news and not become overcome with sadness, confusion and guilt?

How do we make sense of these events?

How do we understand the significance of what is happening to our world?

How can we be of service?

We will begin and complete the evening with a meditation so please be on time. Late comers have to wait until the meditation is over to avoid disruption.

Donations Only for this Event