



## **RUMBLINGS AND RUMINATIONS**

Sharon Snir Monthly Newsletter

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[www.sharonsnir.com](http://www.sharonsnir.com)

Triune Healing

Integrating Spirit, Science, and Psychology

Warm Greetings,

As I prepare for my trip to Tokyo, to teach The 12 Levels of BEING, I am aware there is a thin line between being nervous and excited. Every time I teach this work it feels fresh and new, even though I have taught it many, many times, but to teach in Japan adds a whole new dimension to the experience.

Every time I imagine myself there, I just smile. I see joy, fun and a lot of laughter.



I was searching the internet for Japanese fairy tales to use in Level 2, and working out the best music for Level 7, and exploring powerful universal symbols for Level 11, and I came upon a quote by a wise old teacher by the name of Vernon Howard. At first I thought it had nothing to do with what I was doing, but then I remembered, everything is connected. Here is what he said.

**"Q:** Over the years I have studied many spiritual books and practiced many disciplines, but feel unrewarded by heaven for all my hard work.

**A: I know. You feel cheated by heaven. If you only knew how many people fall into this trap. I will explain the trap. You are trying to bargain with heaven, just as you agree to pay money in exchange for potatoes or paint. Heaven never bargains."**

**Some of us believe that if we say our positive affirmations every day, or visualise our most desired dream home every morning, we will be rewarded for our efforts. Affirmations are useless unless we believe what we are saying. Manifestation occurs when all our bodies, spiritual, mental, emotional and physical are aligned. And when we are aligned, there is no judgment or fear about what is to be manifested.**

**It is then that we know we are standing in true Self Love.**

**Until next month when I will share with you the magnificent experiences I gathered around me in Japan.**

**Love and Blessings**

**Sharon**