

NEWSLETTER

JUNE/JULY 2025



The oxygenation of our body through LOVE Regenerating every single cell.

Demi Moore really inspired me with some of the realisations she penned down, (literally in the last few pages) in her autobiography '*Inside out*' - so I allowed myself to note some down and let Guidance add their wisdom for my third Creative Writing retreat 'Our purpose in Life' -and why not share it in this season's newsletter!

*She wrote 'What if everything hadn't happened TO me but had happened FOR me?
What I learned is that how we hold our experiences is everything! I*

Like we stop allowing the inner judge to rule us, we also have to firmly commit to De-victimizing ourselves, our thoughts, our words and reactions and actions or non-actions, our unforgiveness, and especially our fears, and instead we need to embrace it! All of it!

*She continued; "Taking responsibility for your own reaction is the gateway to freedom.
Hold your realizations and your experiences peacefully.
Things happen in life 'to get our attention, so I surrendered, even broke down enough to rebuild.'*

Oh yes, we really need to surrender, and sometimes break down enough to rebuild!

I loved her realization that the thing that got her here, this incredible toughness, was

almost the thing that did her in, so note to self let's stop being touch or muscle through everything.

Because one day we'll arrive at a place where we cannot be hard on ourselves, toughen up or pull ourselves together, but instead listen to our own needs and want, our own truth so to speak,

In order to allow
this incredible new form of healing and profound teaching Spirit shows me – to come into our awareness and realisation –

THE OXYGENATION of our body through LOVE

And because of it allowing **each of our cells to REGENERATE**, we need embrace to clear old conditioning, imprints of previous generations that will affect our present life, until we consciously allow ourselves, to have it spiritually cleared from our mental, emotional and physical make-up. –

Cleared by this opaque white light that hold crystalline rays within itself – **we feel hopeful, inspired and blessed again! This is the antidote to illness, decay, how ephemeral life is – guiding us to feel hope, inspiration, renewal, and permanence of our essence, of love, or spiritual growth, of aliveness and of light!**

I know this principle shown to me by Spirit, which works through their healing through me, has a much more global picture – applied in an environmental and conscious way – offering a cure for global warming, the planets exhaustion of organic resources – guiding us and assisting us, through this form of healing globally towards **-nature showing us the way of also regenerating and oxygenating the planet through love**

Demi finished her book with: *'I could either bend, or break.*

I got here because I needed all of this, to become who I am now.

Let us each all tell our story, the story of 'how I learned to surrender'.

We all suffer, we all triumph, and we all get to choose how we hold both!

I believe Paollo Coelho was right, when he said 'The universe conspires to give you everything you want, but not always in the way you expected'.

Realize you belong.

I belong here.

I belong in myself.

I belong in this house I call Home.

I belong on this planet.

The truth is, the only way out is in. “

Absolutely!!! The only way out of issues and problems and fears is IN, be with them, hold them and allow them to resolve, be lifted.

Surrender and you will be held and supported. Take responsibility for yourself, but let Divine love in. And realise your purpose is to be the love that you are and infuse every relationship, every intention, every Endeavour with as much love as you've got!

Understanding that the resource of universal love is limitless, we learn to see and practice that Everything is healable and that Everything is a gift!

Let's receive!!!! And BE, all of who we allow ourselves to be!

As we choose to live intentionally, wholeheartedly and with joyful curiosity, fully present with someone or anything we give our attention to, we listen more deeply, - also to what life offers us to learn!

What gifts do we have to offer to the world!

Committing to being fully engaged, to hearing and understanding the emotions and intentions behind words or even actions, we become attentive to our own truth and open a door to empathy and genuine connection!

Having just had my Anniversary with Rudi (my absolute Favourite;)), a few weeks ago, as well as having held a three day Creative-Writing Retreat titled 'our Fulfillment in Life'; the second of a trilogy of creative writing retreats – with the first on 'the Joy of Life' , and the third 'our Potential in Life' from next year - which will also be the year of Rudi and my 15th wedding anniversary celebration in Kefalonia, a lot of thought went into 'what is giving us the feeling that it's worth it - to put every ounce of love and positive intention into everything we do, our Life - so to speak?!'

Reading through the beautiful testimonials and the heart&soul filling words of Rudi in his card for our Anniversary - the palpable and expressed gratitude in each - confirms that for each of us - what we put into life - is recognised and a privilege - and my belief of where our attention goes our energy flows'!

Also that we all can and I feel should live by these values - to make a difference through our lives and if we allow to let it flow, it does uplift everyone in our surrounding we put these intentions to!

Sentences taken from testimonials and shared below are truly not meant to praise myself or are about me or the teaching through me, but are testament that each of our intentions, each of our thoughtful gestures, our attention – empower others, empower

our lives, and affirm that we all should express and share our Gratitude for each other more often.

Also that we should honour our individual gifts and the inner power of loving intention! Reassuring us not to be scared of conscious appreciation, given or received!

‘The recent three-day creative writing workshop ‘Our Fulfillment in Life’ held something especially memorable; a beautiful blend of creativity and care—which offered so many magical moments of laughter and connection. Above all, it was the company of the brilliant, open hearts coming together, sharing their stories, and holding space for one another.

‘I was asked if I had been on holiday, as I was looking completely rejuvenated. The theme of the retreat ‘Our Fulfillment in Life’ was “The way of LOVE for a fulfilled life was a deeply transformative experience! The environment was inspiring and the thoughtful planning and warm hospitality made an incredible setting for creativity to flourish, refreshing your inner mindset as well as rediscover your inner potential and your true ‘writing’ voice.’

A true gift of three days. So much love, inspiration, attention to detail and dedication to each and every one of us, created a strong container for our vulnerabilities to be safely held.

The teaching and writing exercises were like a portal to finding our truest essence and I very much appreciated the luxury and spaciousness of writing and sharing in a nurturing and peaceful setting. All the work that had been done was opening into a whole new layer of being.

The teaching and visualisations, guides us to our own creative writing and its realisation that love, our own self love can lead us to the possibility of a truly fulfilling life, filled with gratitude!”

So let us all allow ourselves to give voice to our feelings and thoughts and expressing our most truthful Voice, filled with our light, trust and the wisdom of love!

Wishing you a most beautiful summer.

Keep believing, trusting and feel supported and loved.

Because you ARE!

With Love, Birgitta xx