

CONNECTED WITHIN

ONE WITH EVERYTHING

NEWSLETTER

SEPTEMBER 2022



These past heavy going weeks with the mourning week and funeral of her Majesty, the late Queen Elizabeth II, I believe led all of us into reflection, even if differently for each of us.

Me personally into deeply cherishing all maternal figures in my life, who are either elderly or already have passed on, leaving each an impressive legacy. And suddenly acutely missing my own Mum, who passed thirty-two years ago by now. Yet suddenly I really needed 'my Mum', shaken by another constant being gone, uncertainties, weighed down by pain and fears around me and feeling physically weak and unwell.

And suddenly, one day after the news of the Queen's passing, I lost my Mum's ring, which I wear together with my wedding band!! I literally cried out, when I ran downstairs with envelopes of remedy combinations for a few of my lovely clients to be posted, looked at my finger and saw it was gone!!! I felt her next to me, her hand touching me and her words-

"I just wanted to remind you, today of all days, how close I am and that I love you. Now go back upstairs and you'll find it again."

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Of course, silly me looked everywhere downstairs before, along the staircase leading upstairs, only to discover it neatly placed on the rug under my desk chair. As if put there – for me to immediately spot the little diamond glitter at me.

She added – “In days like these, not only do you need me to reach out to you but you, all of you, need to be reminded to trust! And even if it looks confusing and feels heavy that you can trust!” I was so touched by this, I could finally let go and cry and feel safe enough again, that I could sleep six hours straight.

Being reminded how important it is to now and again take a few steps back, to re-evaluate who we are, who we want to become, what our values are, cherish what love we have received in our lives and from our relationships to people, our dreams and aspirations and through consciously pursuing our own meaning of life!

I decided to wait with this overdue newsletter, until I have settled into my/our oasis in Kefalonia. Where, each year, I relearn to enjoy the simplicity of life, stroking the cat on my lap, sitting in the Sun – looking out towards the sea, just reflecting and being utterly grateful for the small things, and yet the most precious things in life!

Rediscovering how we can create love and peace in every circumstance, seeing the immense value of recreating this daily.

Yes, sometimes we need to step back and just be, in order to re-find it, to recharge our spiritual batteries as well as emotional batteries, to reconnect to our spiritual reservoir of energy and connectedness.

I literally felt my whole nervous system gradually calm and cool down again.

In order to feel present – we need to work on being worry-free. Not easy when we all have a lot of circumstances in our lives, or in the lives of people’s we love, that worry us.

It takes daily practice and humility. To choose to feel safe, pray and let the love of the universe and well as the love from life itself and our loved ones, who are either with us or who are in Spirit, in!
In order to feel alive, we need to release our fears.

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In order to feel happy, we need to feel the joy of having what we already have (and we always have the choice of how to react to our present situation), and foremost of being grateful.

In order to feel the privilege of love and being loved, we need to connect with gratitude and do consciously work with gratitude.

Always keep in mind how we treat and approach others, how it would affect them.

Free yourself of any form of righteousness and discover once again, everyone does the best they can, so let's spread simple kindness, like the two wonderful owners here at the place we stay in Kefalonia.

Last but not least - enjoy the simple things of life! Lean into it and let love in!!!

With all my Love,
Birgitta