

# Carla's Newsletter for Winter 2007

Dear friends,

Life can be unpredictable! And so it happened that the move to my new address turned out to be an adventure way beyond my expectations. It has been a time of big positives and big disappointments - a magnification of usual life – big waves instead of small ones. My computer underwent a mid-life crisis and was unoperational for several days at a time. That was only one factor. As a result of the so-called bad events – like moving day being cancelled twice and therefore extending beyond lease expiry day, and removalists and others having to be organised three times – I made myself scarce by going to the country for a few days and had a delightful time with a friend who had moved there a year earlier. What a blessing!

Once back in Perth, the difficulties piled up and the thought came that it should be easier than this!! And it wasn't. I have never been more exhausted in all my life, day after day, coping every day with new twists that demanded new adjustments. All I could do at one stage is say over and over again: *I surrender this situation to Grace. I surrender to Grace.* Somehow that raised my vibration enough to visualise a lighter energy and so allow a feeling of joy to seep through to my moments. I lit candles, inviting angels to help me. On the day of moving, it threatened to rain all day, but all the rain came down in one almighty shower. The sun returned, and as I came to the front door of my new house, there was a perfect rainbow in the sky! Rainbows have a way of smiling at us. "Don't worry. Take it easy," is what they seem to say.

I glimpsed how difficult it might be for some people to change their energy when they are caught in a cycle of seeming negativity. Surrendering to what is happening without resistance is not the same as buying into negative thoughts and allowing them to enter and take hold of your reality. But even if we did this – and I did this for a bit and watched what happened to me – as soon as we choose differently, our feelings change for the better by surrendering to Grace. What is not helpful is to do something to override the

discomfort, like watching TV, drinking, smoking, loud music and other things that force energies down. The challenge is always to rise above, not go below the feelings.

Throughout all the recent past, the memory of Abundance was there, shimmering at a distance. It seemed to be speaking to me, saying, “What are you going to live? Are you going to live struggle and abandon Me?”

I was reminded that there is a Well in the centre of our being, like there might be a well in the middle of a village. Over this Well is written: Wish well, believe and act, for desire and faith make dreams come true.” Faith. Not a belief, but an inner knowing that demands faithfulness to it.

So it pays to be careful what you wish for in your waking state! Never abandon your Abundance, that Wellness in your heart.

#### RE ABUNDANCE ACTIVATION and VITALITY FOR THE OVER-45's.

The **Abundance Activation** Seminar and others will be presented in Perth as from **November**. This decision has been made to take pressure off my schedule. The timing for November should be superb. September will be spent in Europe. In October, I will travel to Cairns, Queensland and Melbourne. This means that your next newsletter is likely to arrive sometime in mid-October! There might be interim news if time permits.

In the meantime, I am available for phone counselling sessions, and for one-on-one face to face, in Winthrop, Perth, where I have a beautiful counselling room.

*With joyful blessings of Abundance of all kinds to you,*

***Carla***

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