

with complements

with complements: see the light



FOLLOWING ON FROM HER ARTICLE IN FEB/MARCH, DONNA TAKES US FURTHER ON THIS JOURNEY

Expanding the mind

Donna Swan has been working as a complementary therapist, healer and teacher for over thirteen years now and has seen so much growth in the realm of healing since the Reiki courses she first took in the 90's.

There is often a natural progression for Reiki students and Reiki healers to find new ways of working; improving on the skills they first picked up. They may notice they can channel more energy when they are relaxed, they may find they start asking the Reiki energy and other energies around them for more help. They will likely discover an inner voice guiding them to do things or say things differently; they may even come to feel stronger and slightly newer energies working with them as they heal.

As a student of Reiki, Donna believes that there comes a time when one realises that the Reiki healing energy and the experiences you have had using it, remind you that there is without doubt some unseen energy guiding this world or guiding us. This may come as a surprise, although it is usually a welcome surprise. She continues that coming to this kind of spiritual awareness or belief fills our lives with an added dimension, where we feel less alone and more supported.

Universally accepted

In developing one's healing, Donna says that one may become aware of healing energies around you or start to see or feel auras. You may begin to feel the presence of angels, loved ones, or spirit guides around. One often finds oneself starting to ask the universe for help; to help with the healings and later maybe asking the universe to help us with our lives, our health, our decision making or maybe our relationships and work.

Who are we talking to when we ask for help? At first we are not sure, but in time we get a sense of what it is. We develop our own words for it that we feel comfortable with. Donna asserts that we are all so different and yet we are all One; as we work with healing energy that emanates from us but feels bigger, wiser and more profound than we ever imagined ourselves to be.

Donna made this natural progression as a Reiki healer in her early days. She remembers that she used to think angels were made up in people's minds and felt a bit scared of them. Then one day, after much scepticism, she found herself asking an angel to come and sit with her on her sofa. She had read an article in the Daily Mail about how to connect with angels. She was amazed to discover she immediately felt the presence of a beautiful loving being putting its arms around her and bringing her a deep sense of love and support. It brought tears to her eyes. From that day forth Donna noticed she became less sceptical and more trusting in these unseen energies.

If you read the article on Angelic Healing in the Feb/March issue this year you will have read about the room filling with light one evening as Donna and her friend Caroline felt the presence of an Angel. It was an amazing experience that she found dramatically life changing.



Here is a mini meditation to try at home.

Find some quiet time and a quiet place to be and lie or sit comfortably and relax.

Breathe deeply for a few minutes.

Call in the Ascended Masters to be with you. Try calling in Lord Kumeke and Buddha for example.

Repeat out loud or in your head.

"I invite the Ascended Masters to come and be with me, to bring their divine healing energy to me.

I invite in the Archangels,

I invite in the Energy and Love of Mother Earth

I ask that you come and bring healing to me, work with me and guide me".

Breathe deeply

Be aware of the energy around you

Speak to them and tell them what you need, and let them know of anything that has been feeling uncomfortable for you, so that they can help.

Give attention to Releasing.

Saying to yourself: *"I release anything I no longer need".*

KNOW THAT YOU ARE LOVED

Feel the layers being gently stripped away leaving a purer, lighter and happier you.

When you have finished, give thanks. Feel free to take 15 minutes.

You could try this every day for a week and see how different you feel afterwards.

How Donna received enlightenment

"We were in a room just doing Reiki healing as usual, feeling a nice warm relaxing energy all around us and then suddenly the room filled with a bright luminous light and a remarkable presence, a presence so strong our hearts opened, we felt a huge sense of love and acceptance and our whole bodies vibrated. Our heads filled with words of love and kindness, words reminding us how beautiful we all are here on earth, and how we can come to heal ourselves and be truly happy."

"The first night the energy that came to us was that of Lord Kumeke, an ascended master. We had never heard this name before and did not know who Lord Kumeke was, but the loving energy was so strong we felt safe and transformed by it. It was a few weeks later that Donna put the name Lord Kumeke into Google and found so many websites coming up mentioning the name and talking about Ascended Masters, healing divine masters, unseen, but still present for us to connect with for our personal growth."

"These ascended masters brought us a new and stronger form of healing than Reiki, known as Ascension Healing, and also the Archangels came and brought in a new and stronger form of healing known as Angelic Healing."

Resulting in . . .

As a result of these spiritually awakening sessions Donna and Caroline now run Ascension Healing and Angelic Healing Workshops in London, Kent, Cambridge, Birmingham, Madrid and New York.

It is Donna's belief that taking an Ascension Healing Workshop and receiving an ascension healing attunement can also help to increase the clarity and awareness in one's third eye; encouraging you to become more intuitive. It is an exciting time and students notice how enlivened they feel after the workshops as their connection with universal healing deepens.

Who are the masters?

The Ascended Masters are divine light beings, many of whom once walked on Earth in numerous lifetimes. They are not attached to any religion, although they may have been when they were alive. Now they are universal beings of light, happy and willing to support any one of any faith. Donna continues, their lives were such that they grew to a higher level of understanding of themselves and the world around them. They learnt to release all anger, shame, pain, everything except love and acceptance.

Their soul's mission has been to bring us as much divine light energy as we can accept and to help us as much as we will allow. The ascended masters are here to help us and because they have walked on Earth many times they have a very good understanding of our issues and everything about us, so their guidance and support is invaluable.

What is an Ascension Attunement?

Donna describes an Ascension Attunement as being an awakening of light within, which connects you to the ascended masters and brings Ascension Healing out of your hands. Once you are attuned to the ascended masters, with your permission, they will bring healing, guidance, support and love to you, transforming your life, helping you to find peace within and without.

Most students will experience a dramatic increase in the power and effect of the healing treatments they offer.

How to do Ascension Healing

Donna says that there are many ways to do Ascension healing.

One can continue to use healing in the same way as Reiki, using your healing hands and placing them on or near the body of the client. Remember your healing hands can be used on yourself too.

One can invite the ascended masters to come and be with you and bring healing to any situation you can think of, both in your own life or in the lives of anyone else. So you can use it for absent healing but via your thoughts not just your hands.

One can also follow the channelled meditations that come with Ascension healing. Using the meditations to clear old issues and bring more peace and love into your life.

Ascending Angels specialise in Continuous Professional Development courses, for healers and individuals, running many workshops supporting students in increasing their healing skills. They also have two books in the pipeline about Angelic and Ascension Healing.

Ascending Angels also offer two beautiful meditations on C.D, or transferable as a wav file, which are available for those who would like to meditate more often with the Archangels and Ascended Masters.

Contact Donna to order yours at donna@ascendingangels.com.

Also check out the websites to further details www.ascendingangels.com or www.reiki.eu.com