



Volume 1
Issue 3
July, 2009

The Community of the Ascended Heart

Published by THE ANGEL OF LIGHT CENTER

LIGHTWORKERS! MARK YOUR CALENDARS

You are invited to join Anna Beatrice, host of *Signature Cell Healing 2009: The Alchemy of Your Cells*, at a free internet webcast to be held on Monday, July 20, 2009 at 8:00 P.M. EST. She will be the moderator for this informational 30-minute program to answer whatever questions you may have about Signature Cell Healing, including where the Signature Cell is located in the body, what are the principles of this gentle touch healing modality, and who may benefit from taking the 3-day workshop on August 14-16th.

If you are a healing practitioner or only interested in acquiring this miraculous energy practice to heal "thyself", please tune in to the program being broadcast from Hawaii. Kahu Fred Sterling, Rev. Rick Sterling and Master Guide Kirael, will take your call! You can access the live webcast at: www.kirael.com. The toll free number to call is: 1-800-390-1886.

*We ALL live
as ONE
HEART,
unified in
gratitude,
love and
joy!"*

INSIDE THIS ISSUE:

BAG THE CARROTS!	2
TOXIC TEMPTATIONS	2
MOON GLOW	3
ASCENDING WITH EASE	4
YOUR STAR SELVES	5
MONTHLY MEDITATION	5
TRANSPARENT EYES	6
PHOTON ENERGY	7

SIGNATURE CELL HEALING 2009: NEW!
THE ALCHEMY OF YOUR CELLS
 TRAINING & CERTIFICATION, LEVELS I & II
 AUGUST 14, 15 & 16, 2009 SHELTON, CONNECTICUT

FACILITATED BY:
KAHU FRED STERLING & REV. RICK STERLING

Discover how to integrate Signature Cell Healing techniques into your daily life, an existing healing practice, and your own healing journey.

Signature Cell Healing is a non-invasive, touch healing focusing energy on the "Signature Cell," or "God Cell" inside the pineal gland. Like a computer chip, it holds the memory of your cellular perfection and your original life blueprint. The reawakening of the Signature Cell facilitates a return to optimum health and balance in all four bodies: spiritual, mental, emotional, and physical. This ancient Lemurian healing modality empowers your healing abilities, activates DNA strands and helps you prepare for the Great Shift in Consciousness.

IN CASE YOU DIDN'T KNOW! BAG THE BABY CARROTS

The following is information from a farmer who grows and packages carrots for IGA, METRO, LOBLAWS, etc.



The small cocktail (baby) carrots you buy in small plastic bags are made using the larger crooked or deformed carrots which are put through a machine which cuts and shapes them into cocktail carrots - most people probably know this already. What you may not know and should know is the following: *Once the carrots are cut and shaped into cocktail carrots they are dipped in a solution of water and chlorine in order to preserve them. (this is the same chlorine used in your pool). Since they do not have their skin or natural protective covering, they give them a higher dose of chlorine.*

You will notice that once you keep these carrots in your refrigerator for a few days, a white covering will form on the carrots. This is the chlorine which resurfaces. At what cost do we put our health at risk to have esthetically pleasing vegetables? Chlorine is a very well-known carcinogen, which causes Cancer.

Rather than risk your health and your life by eating baby carrots and other pre-packaged vegetables, choosing fresh-grown organic produce and thoroughly washing them with vegetable/fruit wash, is the only way you can be sure that what you are ingesting is in its purest form.

Source: <http://www.wisebread.com/baby-carrots-the-frugal-idea-that-isnt>

TOXIC TEMPTATIONS! — PERSONAL CARE PRODUCTS CONTAINING TALC

Baby Power has dried, freshened and soothed millions of infants worldwide since the mid 1800's. The possibility remains, however, that a vast majority of today's consumers don't know the hidden dangers of using products containing talc. **Talc** is a mineral, produced by the mining of talc rocks and then processed by crushing, drying and milling. Processing eliminates a number of trace minerals from the talc, but does not separate minute fibers which are very similar to asbestos.

Talc poses a health risk when exposed to the lungs. Talc miners have shown higher rates of lung cancer and other respiratory illnesses from exposure to industrial grade talc, which contains dangerous silica and asbestos. The common household hazard posed by talc is inhalation of baby powder by infants. Since the early 1980s, records show that several thousand infants each year have died or become seriously ill following accidental inhalation of baby powder.

Talc is also found in a wide variety of consumer products ranging from home and garden pesticides to antacids. However, the products most widely used and that pose the most serious health risks are **body powders**. Talc is the main ingredient in baby powder, medicated powders, perfumed powders and designer perfumed body powders. Because talc is resistant to moisture, it is also used by the pharmaceutical industry to manufacture medications and is a listed ingredient of some antacids. Talc is the principal ingredient in home and garden pesticides and flea and tick powders.

Talc is used in smaller quantities in deodorants, chalk, crayons, textiles, soap, insulating materials, paints, asphalt filler, paper, and in food processing. Talc particles have been shown to cause

tumors in the ovaries and lungs of cancer victims. For the last 30 years, scientists have closely scrutinized talc particles and found dangerous similarities to asbestos. Responding to this evidence in 1973, the FDA drafted a resolution that would limit the amount of asbestos-like fibers in cosmetic grade talc. However, no ruling has ever been made and today, cosmetic grade talc remains non-regulated by the federal government.



Talc is toxic. Talc particles cause tumors in human ovaries and lungs. Numerous studies have shown a strong link between frequent use of talc in the female genital area and ovarian cancer. Talc particles are able to move through the reproductive system and become imbedded in the lining of the ovary. Researchers have found talc particles in ovarian tumors and have found that women with ovarian cancer have used talcum powder in their genital area more frequently than healthy women. It is especially important that women not apply talc to underwear or sanitary pads.

What about infants? Talc is used on babies because it absorbs unpleasant moisture. Clearly, dusting with talcum powder endangers an infant's lungs at the prospect of inhalation. Exposing children to this carcinogen is unnecessary and dangerous.

The bottom line is do not buy or use products containing talc. Check the labels carefully. (Courtesy of Cancer Prevention Coalition)

MOON GLOW! NEW MOON SOLAR ECLIPSE—JULY 21st

Attachment, Ego and Karma - By Kathy Crabb



The Bhagavad Gita says, "No one becomes a Karma-yogi who has not renounced the selfish motive behind an action." Thousands of years later, the seventeenth-century English dramatist John Fletcher said, "Man is his own star and the soul that can render an honest and perfect man commands all light, all influence, all fate." Both statements, in their own ways, reflect the core astrological energies of this month, which put the personal planets Sun, Moon and Mercury, among others, in aspect to Pluto and the north node—holders of fate, karma and destiny.

The central astrological event of the month is the total solar eclipse on July 21—or July 22, depending on your location. This is the longest total solar eclipse of this century, occurring when the Sun and Moon come together at the end of Cancer/beginning of Leo, in opposition to the north node at the cusp of Aquarius. The buildup lasts for several weeks ahead of the eclipse and the ripples extend at least six months beyond it. Those born at the end of any cardinal sign (Aries, Cancer, Libra, Capricorn) or on the cusp of any fixed sign (Taurus, Leo, Scorpio, Aquarius) will be particularly affected, but it brings for all of us an intense and concentrated chance to learn about dependence, attachment, ego and individuality in the larger sphere of cosmic right action. In other words, it is a phase of initiation into our own superhero role. How do we come of age, in a psychospiritual sense, in order to bring our best selves to the work for which the universe called us here?

The eclipse will bring an intense lunar consciousness that, not unlike Superman's kryptonite, will increase fear, weaken ego strength and obscure self-awareness in the astrological house where it occurs, sending us running back to our memories, our attachments; whatever safe haven we have created for ourselves in the past. While negation of the ego strength may seem desirable for spiritual people who are concerned with cosmic connection and emergence, keep in mind that a strong and conscious individual ego is necessary for more globally conscious action to occur. A weak ego is so embroiled in its own fears, insecurities and needs, that it cannot act with strength and confidence out in the world. The risk with this eclipse is that, just as we reach the brink of self-understanding, we will feel catapulted back into the nursing role — where someone else is holding us, protecting us, doing for us — and we will feel the need to begin the journey toward self-realization all over again.

Although this may seem to be a negative manifestation of lunar consciousness, on the positive side, this jolt may serve to remind us, that even as we grown into ever more differentiated beings with unique gifts for humanity, we are not alone in the universe. We are held and always welcomed by the great good mother, who in partnership with the solar father, prods us towards growth and expansion. Working with them are the operatives of karma, that with this eclipse, pull us magnetically toward our life's purpose. For now, each of us as individuals and as a collective, this purpose is focused in the Aquarian sphere. Here we seek the ideal path forward in solving the problems that plague humanity: violence, inequality, over-individualism, consumerism, environmental degradation, loss of place, loss of ritual, loss of soul. The focus on collective right action may seem contradictory to the individual problem of growing out of the familiar past and into a strong and unique individual ego, but it is merely the other side of the mirror. Individual ego strength is necessary to contribute our own right action to the world collective.

So the temporary but intense obfuscation of individuality and selfhood may bring confusion, fear and conflict. However, for compassionate, spiritual people walking their paths, this need is not the end of the story. "Confusion comes from the Latin word *funderere* (to melt, to pour out), while "fear" is related to the roots for "experience" and "trial." So this month it may behoove us all, instead of trying to control what we fear or clarify what confuses, to allow the energy of the eclipse to melt our set boundaries — to pour through us with experience and trials that we can only trust will bring us another rung down the spiral into a space of deeper, more authentic, more certain ego that can then be used in service to humanity and universality. Although the selfish motive behind an action must be renounced in order for karmic destiny to flow through us, we still need a nourished, protected, individual self who can act. We still need to be our own star!

(Courtesy Sedona Journal of Emergence- July 2009)

ASCENDING WITH EASE – July Weather Report from Archangel Gabriel

“Gabriel” through Robert Baker:

“This level of consciousness requires that you are willing to make conscious choices. If you have aha’s but take no action, you will not integrate the soul. That would be a life unlived. LIFE must be in action, acting upon freedom of will as creators, to know all that it is in its greatness.

In this month you will likely delve into things with hit and miss/trial and error, to discover more of the meaning for you and for the whole. This is one of the ways that you can show gratitude to the Divine for the gift of life.

So use this time to move into the new, based on the intuition that is beginning to connect in your consciousness more fully.

Look around you to learn from the clues. Just look at your present global crisis of debt and its follies. Look at how you have used symbols in a vain attempt to gain a sense of self, all the while remaining like an ostrich with its head in the sand...disconnected from reality and the fulfillment, meaning and value of life in reality.

As you make choices, even if you discover that what you have chosen is not what you truly want, you will learn from the process of making choices. You will become clearer and more informed about how to refine what serves your personal truth.

So pay attention to what you are choosing...what works and what does not. One of things you will learn is that you ALWAYS have many, many choices. So do not be afraid of your choices.

However, at this time you are likely to see many people around you dropping out...refusing to make choices, learn and grow. You will see some of this within systems as well. Many that have been so absolute and sure of things will be re-thinking their old choices.

One of the things you cannot help as these higher energies move is being a part of what is taking place - no matter how conscious or unconscious you happen to be. Some are ready to take deeper responsibility as conscious initiates of the soul, while others are newer to the whole human experience.

And in closing for this month we will say that your ability to make choices with a free will are one of your most remarkable opportunities. So use these gifts to develop, for you will only be giving the amount of awareness that you show you can handle.”



ABOUT THE CHANNEL:

Robert Baker is the trance channel who has been bringing this remarkable information from Archangel Gabriel since 1990. The information has proved to be accurate and helpful for thousands of people around the world. He is the co-founder of CHILDREN OF LIGHT in New York City, “an institute of self-mastery, dedicated to informing and educating individuals about the personal and planetary Ascension that we are now experiencing. In short, we are interested in revealing a path of personal healing that will allow us all to awaken to the consciousness of our souls.” For more information about Children of Light,

Please visit: www.childrenoflight.com

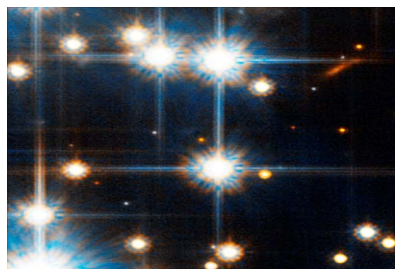
THE LATEST WISDOM FROM "THE MESSENGERS OF THE 5th LIGHT"

June 6, 2009 — YOUR STAR SELVES

(As Channeled by Anna Beatrice)

Hello beloved daughter of the One Infinite Creator. We greet thee today in the energy of the One Most High, the Christ Light.

We say to you that the time in your linear world of third dimension is at hand for the greatest announcement to be made to mankind -- that you are all from the stars that shine above you -- that your light essence, your soul in form is connected to the stars that twinkle above you ...as your "star" holds your energy, your connection to the Divine.



When your galactic contract was written, you chose to descend from the star that holds your higher self, your design template, and you were able to bi-locate into hue-man form. Does it surprise you to know that All of your brothers and sisters of the Light on this planet and on the ships of your star brothers and sisters are all from the "stars." Let us say that a star is a glowing point of light that holds a spark of the One Infinite Creator. This spark is so vast that it can't be contained in just one being or "lantern." Thusly, "your spark" is divided among many forms of expression.

When you hear the term that you are multi-dimensional, it means that you have expression in simultaneous forms of Being. That could be here on Earth, or other worlds, in different levels and on different journeys throughout the Universe. The Galactics as your world refers to them are indeed a higher expression of You. Once mankind has reached a level of conscious awareness, they will understand how we are all part of each other.

There is no separation as we are all made of the same essence, the same spark source material -- that is the light through unconditional love, which is the material that holds energy in form. The only factor that keeps mankind trapped in "me" thinking and in the illusion of separation is the Ego. Therefore, when your galactic selves arrive on Mother Earth, you will need to be in a space of full acceptance of your *other selves*.

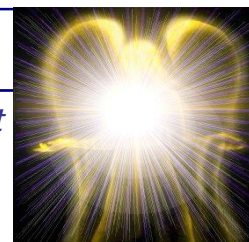
Those selves can be your future selves as there is no time off this planet of third dimension. You will be meeting a being of light who has the ability to transcend the duality/polarity bonds. However, know that your "star selves" can't stay in this world for too long as the lower vibration and density of the planet will cause them to become energetically weakened by the magnetic fields surrounding your world.

This is one of the reasons why a shift in consciousness will elevate the frequencies of your world which will allow for their ability to be here. Your role then is to provide them with consideration, acceptance and to learn from them while they are here in your world. They will be here only for a short span of linear time to change the timeline of Mother Earth in a benevolent way for the full restoration of the pristine planet and the ability of her inhabitants to stay in body in the new frequencies.

We ask you to ponder what you would like to offer your star brother and sisters, what service you can provide your future selves while they are here. Will you go into fear? Or will you allow your higher selves to come into your consciousness to offer your love and support of their mission. Yes, they are on a mission of great love and service. How will you honor and work with them. Know how much you are loved and cherished in these shifting times. We are The Messengers of the 5th Light - Your Higher Selves. 6/6/2009 - 6:13 a.m.

The Angel of Light Monthly Meditation

When your consciousness is directed outward, mind and world arise. When it is directed inward, it realizes its own Source and returns home into the Un-manifested. — Eckhart Tolle



MORE FROM "The Messengers"

June 30, 2009 —TRANSPARENT EYES

(As Channeled by Anna Beatrice)



Greetings daughter of the One Infinite Creator.

We speak this day of the huge dome of iridescent light that shields your planet from the effects of the dark energies trying to escape into the great galactic core. We watch as your world prepares for the raising of the earthly fire of spirit as all are rapidly awakening to their potential to manifest nearly instantly. As you are aware now, your thoughts are being monitored by all sentient life forms here and off your world.

We say that they are "tuning in now" to your co-creative frequencies and can view what you wish to manifest. The Veil between the conscious and the dark thoughtlessness is very thin. This creates transparency. Those who seek to perpetrate harm on others will not be tolerated as the imperative now is to create harmony and peace.

Your earth is transmuting all toxic forms of "behavior". Those whose thoughts no longer vibrate with the collective will transition with great audience. We ask you to hold space for those who are unconscious choice-makers, who are unaware that their energy signatures are beacons that send up as you call them "red flags." They will be lovingly escorted to another dimensional plane to be with their individual realities.

As the beloved Earth Mother continues to ascend, her children are being raised up by default. This means that those who can consciously choose to lift their minds, hearts and bodies will arrive easily into the next level of be-ing in form. For those who resist or purposely create drama, trauma and chaos through their choices, they will "reap what they sow".

We ask you to ponder what seeds you are sowing into the fiber of your beingness.

What are you contributing to the All, the One and the Many as it is all being viewed with transparent eyes. As you say, "All eyes are upon you," as we of the 5th Light await your arrival into this light with much joy and with arms open wide. Know that the journey that you do as One, will be the joint mission that creates the New Earth upon which you will reside.

Let the love in your hearts be as transparent as the light that shines from the Great Central Sun through the portal of your local Son/Sun to illuminate the way for others along the path. You are the creators of the new world upon which All will reside in harmony, prosperity and abundance. Love is the only ingredient required to anchor these gifts that are your Divine birthright.

We love you and honor your tenacity. We are the Messengers of the 5th Light, your Ascended selves.

6-30-09 6:18 a.m.

FOR THE MOST CURRENT MESSAGE, PLEASE VISIT OUR WEBSITE AT:
http://www.angelflightcenter.com/current_message.html

PRANA BREATHING WITH PHOTON ENERGY

A message from Kahu Fred Sterling

Photon energy is a miraculous new power that is the cure for all the ills of our journey here on the Earth plane. We can use photon to bring the force of spirit into the forefront of our journey, to bring the inner peace that transforms. On a practical level, we will eventually operate our vehicles with photon and cure the more personal ills that limit our journey. Photon can make a simple headache disappear, or relax a severe cramp. (Visit www.kirael.com to order PHOTON.)



JULY 2009

Day	Level
1	7.68
3	7.21
5	6.62
7	6.12
11	6.01
14	5.85
16	5.51
19	5.93
23	6.03
26	6.21
28	6.64
31	6.12



PHOTON LEVELS

Provided by Kahu Fred Sterling and Master Guide Kirael

JULY PHOTON ENERGY FORECAST

Even this month there seems to be no let up of mid- to high-range levels of photon energy, which means it's best to keep on meditating at all costs. In this "7" month, it is absolutely a positive move to keep your energies directed towards that new job or relationship, as all is in a transitional space. Make sure you are not left behind; the time is right to have it your way.



THE ANGEL OF LIGHT CENTER &
THE COMMUNITY OF THE ASCENDED HEART
 Founder/EDITOR: Anna E. Beatrice

Phone: 203-915-8126

PLEASE VISIT OUR WEBSITE AT:
www.angellofcenter.com

Note: There will be no Healing Clinic or Monthly Support Group Meeting on the Weekend of August 14th -16th due to the Signature Cell Healing/Alchemy workshop.

OUR MISSION STATEMENT

“ We ALL live as ONE HEART , unified in gratitude, love and joy.”

The Angel of Light Center is dedicated to raising the consciousness of humanity to a new level of clarity and empowerment, by providing spiritual healing for body, mind and soul. Our primary mission is to restore balance and harmony within the four-body system of those who engage our services, and to infuse all Souls with generous amounts of compassionate wisdom, self-love and trust. It is our philosophy that in the sharing of unconditional love, we empower and raise each other up into the Light, where we ALL live as ONE HEART, unified in gratitude, love and joy.

2009 SUMMER EVENTS CALENDAR— THE ANGEL OF LIGHT CENTER

ASCENSION AWARENESS SUPPORT GROUP —

MEETINGS HELD ON THE 3rd SUNDAY OF THE MONTH:

6:00—8:00 p.m.

SEYMOUR, CT

Come join fellow Light-workers and seekers of truth in the Greater New Haven and Fairfield County areas for enlightening discussions, meditations and “mini” AVESA Balancing Sessions. Discover how you can join thousands across the globe

who are preparing for Ascension and the Great Shift in consciousness of 2012!

In effort to support and assist you through the ever-increasing Ascension energies and “symptoms” impacting all of humanity at this time, I will teach specific ascension “tools”, breathing techniques, and will conduct healing circles using the transformational energy of the Egyptian Healing Rods™.

The Angel of Light Center will provide decaf teas, healthy snacks and desserts in exchange for a modest “love offering” from your heart!

WEEKEND HEALING CLINICS ARE BACK! CONVENIENT SATURDAY HOURS: 10:00 - 4:00 p.m.

Call: 203-915-8126

AVESA Quantum Healing offers an opportunity to truly integrate and release all barriers for complete healing of the physical, emotional and spiritual bodies.

Signature Cell Healing is the “reawakening” of the signature cell or “God Cell” that allows for a return to optimum health and balance in all four bodies: spiritual, mental, emotional, and physical.

Special Introductory Price: \$45.00 — Sessions are 1 hour.

