



Volume 1
Issue 1
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The Community of the Ascended Heart

Welcome to our Community Forum!

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

The Angel of Light Center is proud to present this First Issue of *THE COMMUNITY OF THE ASCENDED HEART*, a monthly newsletter devoted to serving the needs of an awakening humanity and community resource for our Light-worker family across the globe. We invite the submission of enlightening articles, heart-warming personal stories, poetry, inspirational photographs, event announcements, and channeled messages of wisdom from the Guidance Realm. It is our goal to assist humanity in every way possible during these times of great transition upon Mother Earth. We also invite you to browse our website: www.angelloflightcenter.com to discover the many pearls of wisdom waiting to resonate with your heart, including all prior teachings from *"The Messengers of the 5th Light."*

Many Blessings of Love and Light— Anna Beatrice

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"CRACKING OF THE EGG" — Wisdom From *The Messengers of the 5th Light*

APRIL 20, 2009 — Beloved Daughter of the One Infinite Creator, we greet thee this day in the energies of the Spring Equinox which has shifted the frequencies of your planet. For those who are not consciously aware, there is an opening of the crown chakra to the descent of Spirit in matter - mankind. This process is the "cracking of the egg."

There are people who are like a hard egg or shell of concrete that need to have their reality -- very limited and narrow—cracked open so that the veil can be pierced within the Ego mind. Many at this time are seeing their reality shattered apart. What once was their "normal life," is now in shambles.

We call to mind those around the world affected by the new earth changes, the brothers and sisters in the region of mass Christian consciousness near what many term the papal headquarters. For those who transitioned in Italy, know that their passing was long pre-ordained as a service to those nearby who preach (Continued.

“Cracking of the Egg” — Continued from Page 1

the word but do not live the word, as the greatest of all riches in the world have been sequestered and hidden deeply from mankind.

Soon these riches will be brought to the surface by those demanding the release of what is the birthright of All — the treasured scrolls and documents of ages past — the history of your galactic origins and the seeding of mankind on the body of

Gaia — your beloved Earth Mother.

We ask you to ponder the gift of your life, as each day the opening of consciousness and the acceptance of Spirit into your life will lift you further into the Truth of who you are—unified in the Oneness of the Infinite Creator.

We send you this day our love and continued messages of great transi-

tion in your daily lives.

We are the servants, the Messengers of the 5th Light. - 6:25 a.m. 4/20/2009

FOR A FULL INTRODUCTION TO *THE MESSENGERS OF THE 5th LIGHT*, AND TO READ ALL THE PRIOR MESSAGES, PLEASE VISIT OUR WEBSITE:

www.angeloflightcenter.com



TOXIC TEMPTATIONS — THE REAL DEAL . . .

Food Safety Tip of the Month — How to Avoid MSG

Monosodium glutamate (MSG) is one of the most common and hazardous food additives on the market. MSG is reportedly more toxic than alcohol, tobacco and many drugs. MSG is an excitotoxin, so it tricks your brain into wanting to eat more and more foods containing the ingredient, even if you are already full. Side effects of MSG include: obesity, eye damage, headaches, depression, fatigue and disorientation. Food manufacturers know that health-conscious consumers try to avoid MSG, so it is oftentimes not listed in a product's ingredients. *MSG is banned in organic foods.*



Here's a list of ingredients that ALWAYS contain MSG:

Autolyzed Yeast -- Calcium Caseinate -- Gelatin
Glutamate -- Glutamic Acid -- Hydrolyzed Protein
-- Monopotassium Glutamate -- Monosodium Glutamate -- Sodium Caseinate -- Textured Protein -- Yeast Extract -- Yeast Food -- Yeast Nutrient

A consumer asked about MSG in Protein Powders. Here was the reply:

“ . . . it is something to watch out for when buying protein powder. This rule of thumb can actually apply to other protein powders as well - not just whey. You must watch out for it in soy especially, but it may also be in pea protein powder. . . . ”

Source: ORGANIC CONSUMERS ASSOCIATION

Voices Across the Veil – THE CLEANSING HAS BEGUN!

NEW FROM THE MESSENGERS OF THE 5TH LIGHT –

Greetings beloved daughter of the One Infinite Creator. This day marks the beginning of the opening of the hologram of the 5th Dimension on Mother Earth. For those whose eyes are clear, they will see the radiant beams of light as they shine forth from the Great Central Sun of All That Is.

This opening of the hologram was commenced on the 1st of May when the energies of the Violet Ray covered the planet to begin the transmutation process for all mankind. As these energies of the purple light penetrate the cellular consciousness of the body of man – great openings and releases will occur. All that has

been stored up will be expelled. This includes that being stored up by Mother Earth. You are aware that she has taken on massive energetic debris from the thoughts of mankind over the ages. This cycle of energetic dumping must end – to surrender all for highest good of the planet and the One Infinite Creator.

Trust is something that must be cultivated at this time. Trust in the process, trust in the truth of the heart within. The answers you seek will not be found without, but within. Seek thee the heart of truth in all matters.

We ask you to ponder what is in your energy field that is stuck. What needs to be cleared and transmuted? Examine where

in your life you are stuck in the density around you. Where in your body is the energy trapped?

Free it by surrendering all to the One Source with love and trust. We ask you to trust the wisdom from within the heart, not the fearful dictates of a mind conditioned by external sources. Much will pass away as the days ahead serve to cleanse and prepare the way for the birth of the New Earth. For the Mother must be cleansed and ready to receive her new life that awaits the children of the light

Stay within the peaceful center of your heart where spirit dwells in the light of the One Infinite Creator. We are yours in the Light. The Messengers.

5-5-2009 11:11 p.m.



The Angel of Light Monthly Meditation

“To know my truth is to trust my intuition and others in acceptance of what is with Love”

ASCENDING WITH EASE! – MAY ENERGY REPORT

MONTHLY WEATHER REPORT FOR MAY – FROM CHILDREN OF THE LIGHT

May will be a month of RESISTANCE. It will be a month where all of your resistance to letting go of attachments emotionally and mentally will be challenged. May will bring up more of the resistance that has been held in the subconscious, shadow part of your nervous systems. You cannot respond or heal something that you are not aware of . . . so it must rise. In this month you will develop a more acute awareness of all that is going on. You are now preparing for the potential of reality and its greatness, as your soul prepares to connect to you consciously. In order to fulfill this soul potential in its infinite being, will have to learn to focus on the pursuit of truth and reality...with life as an experience that is every unfolding and changing.

What is taking place is the death of the old...the total death of an entire belief system, held in the astral realm (4th dimension energy grids). One of the rules of the higher initiate is allowing life to move and have its being. As you begin to face these resistances, you will find yourselves more attracted to TRUTH and finding out what LOVE truly is. Developing an inner relationship with self, to determine who you choose to be by what you practice will give you some vital clues.

So move through the doorway of your resistance, so that you can see what no longer serves in every possible way. Decide then to let these things go once and for all. Take charge as adults who are conscious and in charge, rather than letting your wounded myths continue to put you through the hell of fear and limitation...for any time you feel that you MUST have something, or have something a certain way, you are in fear and limitation. Do this process with no judgment. All things have served you. All things are of God. . . the sooner you let go of what no longer serves, the sooner you will be able to integrate the more fulfilling replacements. So use this month of resistance to clear up your old dramas and stop lying to yourselves through fearful addictions. (To read the full text, go to http://www.childrenoflight.com/members/monthly_weather_report.php)



THE ANGEL OF LIGHT CENTER

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PLEASE VISIT OUR WEBSITE AT:
www.angellofthelighthouse.com

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. Successful outcome is contingent upon the strength of one’s commitment in consciously choosing a path of forgiveness and self-healing. 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 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 Lightworkers 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.

