

HEAVEN - WISE HEALTH NEWSLETTER



In association with
The Salisbury Therapists
The Hall, 4 New St, Salisbury

SUMMER 2010

FREE



Mount Adams, ECETI Ranch, June 2010

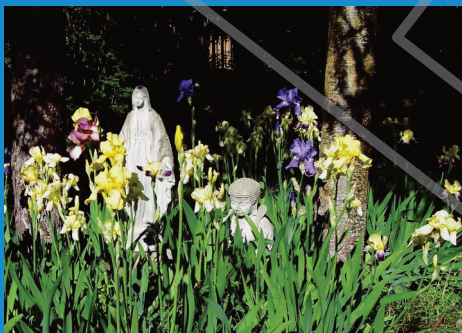
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Explore the ECETI website
www.eceti.org

ECETI - WHERE MAN MEETS THE GODS

In June this year I set off on another Spiritual adventure to the ECETI (Enlightened Contact with Extraterrestrial Intelligence) in the delightful provincial town of Trout Lake in the state of Washington, USA. The ranch is owned by James Gilliland.

I set off with a friend, Pete, the main objective being 'skywatching' for UFO's. The ECETI ranch is famous for numerous sightings - even Robbie Williams paid it a visit in 2009! Below is our story and, not surprisingly, the Universe had other lessons in store for us as well!

Where dreams come true

We arrived in the USA without any pre-conceptions other than hoping to see some UFO activity and to witness one of the famous UFO 'Power-ups' that I'd seen on YouTube. I was staying in the guest house and Pete was braving the elements in his 4 man tent, which I thought with night temperatures of around 4°C was either very brave or very stupid!

When we arrived, it was late and I'd survived my first lesson which was to put up and shut up and trust in the Universe as the stunning beauty of the Columbia river valley caused my driver (Pete) to veer from the road on a couple of occasions (getting used to driving on the left) incidentally I too almost came a cropper at a 4 way intersection but through ignorance rather than distraction!

In the first few days, we explored the area during the day which is absolutely beautiful, forested, rivers and mountains, and yes, the stereotypical American country town with REAL MAILBOXES at the end of each drive...fabulous! I thoroughly recommend the area and the people.

The skywatching began in earnest, after a couple of cloudy nights, when I witnessed my first 'power-up', well 2 to be exact. The first was just as the light was fading and the ship was to the right of Mount Adams, flying low past the mountain - we hadn't seen it until it powered up in front of us - it was simply and literally out of this world!

So what is a Power-Up?

Basically what you witness in the ECETI skies are (on a usual night) around 20 'ships' traversing the heavens within a 2 hour period. People, believe me, these are not all satellites! Some of them change direction, some of them appear to travel in formation (I saw a wonderful triangle of ships flying together) and others pass each other, with one making a diversion around the other.

The power-ups, on the other hand, are a completely different kettle of fish (where does that saying come from anyway??)

Most of the power-ups I saw were from the lower-flying craft. They travel low and slow and, if you're lucky, almost directly overhead. They're brighter than the others and one amazing ship was golden-orange in colour. They move more slowly and begin to get a bit brighter to the calls from the field of "Go on, Light her up man!" and "Yeah, Dude, power-up!". Then all of a sudden *WHOOSH* it happens, they get bigger and brighter and flare into the brightest most awe-inspiring show of Light I have ever witnessed. The videos on YouTube do not do these ships justice, but do give you a flavour of the energies that are involved. Trust me, you get more than just a quick flash, there is a marriage of consciousness during the brief visual contact and a rush that goes straight to your heart chakra. Pure BLISS!

Other experiences included feeling as though I was wearing a woolly hat (beanie) whilst in the ranch (very high energies!) A lot of 'naps' to combat the powerful energies and I also had a transpersonal release session with James which revealed a past life as a follower of Baba Ji in 6AD and a life as a Plaeidean which James had expected (I hadn't!). The clearings and meditations were phenomenal and we also enjoyed Sun's Qi Gong and the Kunlun sessions and much, much more, too much for a small newsletter!

My advice - if you get the chance then go!

REIKI TRAINING & WORKSHOPS IN THE HALL

Reiki Evolution training with Debbie McDougall

Training includes professional manuals & CD's
1:1 training by mutual arrangement

Level I: 1 day £ 140

Level II: 1 day £ 160

Master/Teacher: 2 days £ 250

Karuna Reiki ® Master/Teacher: 2 days £ 250

Reiki Training with Dave Hopwood

Usui Reiki:

Level 1 2 weekends:£120

Level 2 2 weekends:£150

Advanced 1 weekend:£200 Teacher 4 days:
£400

Raku Kei Reiki: Practitioner: £60

Seichim Reiki: Practitioner: £150 Master: £100

Karuna Reiki ®: Practitioner: £300 Master:
£100

Refresher courses and Technique Workshops
also available

Workshops

Living & Healing with Crystals

A one day workshop £40

Sun Oct 17th

Working with Angels

A one day workshop £40

Dates to be announced on the website soon

Munay Ki: Incan Ascension Rites

A series of 3 workshops. £45 per workshop

Next set of dates are: Sat Nov 13th, Sat Jan
8th & Sun Feb 13th (2011)

**Full details of all Reiki Training and
Workshop dates can be found on the
Website**

REGULAR GROUPS IN THE HALL

These groups are open to everyone

Reiki Share £3

Alternate Mondays 19.00 - 21.30 hrs

Contact Dave on 07541958509

SoulGroup £3

One Tuesday each month 19.00 - 21.15 hrs

Contact Debbie on 07595916393

Dates and details are on our website:

www.heaven-wisehealth.co.uk

NEW IN THE HALL

The Monthly SoulGroup

Facilitated by Debbie, this group is designed to
provide support to those who are actively pursuing
their own Ascension.

We meet monthly on a Tuesday evening from 7pm -
9.15pm Cost is £3 and the group is open to anyone
who wishes to come and join us. If you want to join
us, please call me on 07595916393 or email me at
DebbieMcDougall@heaven-wisehealth.co.uk



The Hall, 4 New St, Salisbury

For details of all Therapies offered in The Hall,
please pick up our brochure or visit the
website

2012 AND EARTH CHANGES

Debbie McDougall

Dual & Duality!

Are you feeling it? This 'pull' in 2 different
directions, this internal and external battle?

If you are then you're well on your way to your
own 'satori' or 'enlightenment'. As the quickening
approaches - that which we now know as '2012',
we will feel the stretching and tug of our 3D
world pulling away from us.

We're still straddling 2 different densities and,
quite frankly, it can be jolly uncomfortable! To be
faced with your own ego and childish reactions to
various challenges, is not very palatable - but hang
on in there - stop and think - the very fact that
you are recognising your own lower vibrational
self, thoughts, words, actions means that you can
now do something about it!

Quite simply, the more we immerse ourselves in
the Light and live a life of higher frequency
principles, the less we will have to put up with
our ego as it diminishes as we transcend - hurrah!
We know this is true and the rest is up to you.....

Only we can change ourselves, no-one else can
do it for us, but we can do it together, supportive
of each other with Grace and Joy

For Earth changes - observe the oil spill and it's
aftermath. There will be good as well as the
obvious bad. It will bring people together and is
being heralded as one of the forerunners of the
bigger 2012 shifts that are coming now thick and
fast both on a personal and global scale.



QUICK MEDITATION

Cleaning up our act: the oil spill



Sit or lie quietly and make sure you're not
disturbed

Close your eyes and breathe slowly and deeply
for 3 breaths, releasing any tension down your
legs and out of the bottom of your feet.

Focusing on your Soul star chakra (above your
head) open up to Source and breath in the Light,
the Grace & the Power of the Divine. Now fill
your body and aura with this luminescent Light
and feel your vibration rising with every breath
you take, turning your body into pure Light
and dissolving all tension, negative emotions and
energies.

Next, open your Earth star chakra (below your
feet) and connect to Gaia, heart-to-heart, Soul
to Soul. Feel the beat of her heart aligning with
your own. Feel her love for you and all her
children.

She needs your help now to stem the bleeding
of her oil into her oceans - into OUR oceans.

Send the Light of the Great Spirit down into her
heart centre and see it travelling along her
energy channels to reach the Gulf of Mexico and
the oil spill. Illuminate that area with the Light
(use a map if needed) Visualise the sea as clear
and bright, clean and glistening in the sun. See
the fish, the whales, dolphins, turtles and birds
all healthy and going about their normal life, un-
affected by this man-made tragedy that is
unfolding accross our oceans. Illuminate and
keep illuminating daily, even if just for 5
minutes...every little helps.