

THE READING ROOM



ILLUMINATION

WINTER 2011

SPECIAL POINTS OF INTEREST:

- **Mind Body Spirit Festival in June**
- **The Process of Personal Growth**
- **Recording your Readings**
- **New Classes - Learn to Channel**
- **The Fred Hollows Foundation Update**

THE LATEST FROM THE READING ROOM

Winter is upon us again which means that it is time for The Reading Room to celebrate it's second anniversary. The magical thing about anniversaries is that they stimulate us to take time to reflect. So I find myself doing just that and looking back over the past two years with joy. I give thanks to all who have joined me in The Reading Room journey.

In this edition of Illumination, I am pleased to share with you some more of personal growth experiences. Please enjoy ***"The process of personal growth – Integration of new energies and learnings"***.

In the next few months, there is plenty for you to enjoy at The Reading Room.

Join us at the **Mind Body Spirit Festival** from 24th to 26th of June at the RNA Showgrounds. You will find us at stand C04. Come along and visit us and the other exhibitors by using the half-price voucher we have attached to this email. Feel free to print this out as many times as you have friends!

Learn to Channel

It is with great excitement that we congratulate the first graduates of Teena's *"Opening to Energy"* course. All have experienced tremendous spiritual growth on their journey to opening their own channels, enabling them to better understand themselves as a spiritual beings. Our next course will commence in July.

Recording your Readings

As we mentioned in our Summer newsletter, we now provide a CD recording of your reading,



Megan Williams
Channel and Metaphysical Teacher
Founder of The Reading Room

giving you a lasting reference for future reflection.

How often should you see us?

Our clients often ask us "How often should I have a reading. Is there a set timeframe"? We feel you should follow your own feelings and come and see us when you feel you need guidance from a higher source such as your higher self or your guides. Spirit is very good at giving us the information we need for the next steps in our journey. If you feel you have moved through a stage, then an 'update' may be helpful. As psychics of integrity, we will ensure you are not wasting your time or becoming dependant on a 'feel good' experience; but rather taking more steps on your personal growth path. We also love to share our knowledge of the personal growth process by teaching you to connect to your higher self and to centre yourself in your day-to-day experience.

We look forward to seeing you at Mind Body Spirit and in the Reading Room when next you are in town.

Love and light

Megan Williams



Teena Angelia
Channel, Metaphysical
Teacher and Spiritual Artist

THE PROCESS OF PERSONAL GROWTH - INTEGRATION OF NEW ENERGIES AND LEARNINGS

BY MEGAN WILLIAMS

Wouldn't it be lovely if growth was linear; we power forward in a straight line and never look back! The reality is growth is spiral in nature. Imagine a coil winding upwards as we ascend to higher energies and levels of consciousness and joy. Sometimes we have to push forward to take on new learnings and sometimes we need to recede to integrate those learnings. In our last winter newsletter I wrote about the bifurcation point - that uncomfortable place we are at just before we breakthrough to higher ground. That's the place where we are on the upwards push, rising to the top of the spiral.

Well, after we have the breakthrough and have taken on new learnings and growth, we are left to integrate those energies into the existing structure of our human self and most importantly, our egos. Speaking in energetic terms, we're at the very crest of the curve, ready to head back down into our inner worlds to let go of the old energies that no longer serves us and integrate the new energies into our being.

This can be challenging as we carry our new awareness. Some situations, people and aspects of our life no longer fit. Our ego kicks in and tries to take us back to an old and familiar 'safe place'; but our new awareness tells us this is not an option. Energetically, we can feel confused, unsafe and off balance while this integration phase takes place.

What can really help is to continue with your energy work including meditations, healing and introspective time. Be kind to yourself and be aware of the negative ego's voice judging you harshly as you take time to integrate. Talk to your inner child and let them know it will be ok and you will look after them. Re-connect with the vision of where you are heading. Personal growth always leads to more joy and connection with both yourself and your life purpose.

Love and light,

Megan



RECORDING YOUR READINGS

The Reading Room has received excellent feedback on our new service - CD recording of readings in a .wav format. When you are involved in a reading, you are often experiencing turmoil, high emotions or transitioning through changes in your life. You will find it very valuable to review your reading at a later time, or even many times, as spirit can deliver intricate messages with subtleties that can relate to events in your future. If you have a copy of your last reading, take the time to review it in a quiet moment. You may find another gem there.

LEARN TO CHANNEL CLASSES

Teena Angelia presents a series of classes to help you to channel directly from your higher self, your guides and other ascended beings. Each of us has the innate ability to channel and it is a skill that can be honed. It is not reserved for the exclusive few, but rather a life skill that we all possessed in eons past. Over the last 2,000 years we

have evolved having lost touch with the ability to easily connect with spirit. Join us from July 11th to reclaim your ability to connect with spirit and channel wisdom and joy into your life.

Teena has just experienced the excitement of graduating a group of students from this 3-Unit class. Their feedback has been very uplifting as they

have found the sessions have helped in a range of areas including relaxation; clarity and being able to honour themselves for their individual differences and contributions to the world.

Go online to download a brochure.

www.thereadingroom.biz

Even though the Reading Room is such a small sponsor, through their award winning effectiveness, our modest quarterly contributions have helped saved the sight of nearly 100 people in both Australian indigenous communities and developing countries overseas in the past 12 months. (based on information found in the 2011 Fred Hollows Foundation Annual Report) The Reading Room is proud to continue support for The Fred Hollows Foundation.

We see a perfect correlation between the aims of The Reading Room and The Foundation - that of 'Clear sight changing people's lives'.



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