

Susanna Bellini's Shamanic Energy Healing Newsletter

High Summer 2011

Dear Everyone,

It's a bit of an odd newsletter this time. I experienced something of an Epiphany last weekend and I am still finding out where I am with it and how on earth to explain this clearly to anyone else.



General background threads:

- The realities of life are often not great. Hardships, pain, suffering, unexplainable tragedies happen.
- Many of us are searching for better ways, for meaning, for spiritual connection.
- This path often seems to be hard – challenges are okay, we are brave enough for that, but it is easy to lose our way, to become confused, to suffer under the strain of too many stresses, to become disheartened and stuck about how to move forward...

Personal background threads:

- I have been teaching shamanism and crystal healing and thought of these as specific paths, not for everyone. Not being elitist, I just thought they are more specific than, say 'energy healing' or 'personal development' and would not attract everyone.
- On the other hand, I have been concerned that shamanism and crystals have become 'popular' and anyone and everyone thinks they can become an overnight expert with little or no training - (Or maybe this means there is a real need for wider, clearer, good teaching in these paths!)
- I have also been concerned that many people are "dabbling" widely in healing and spiritual and psychic matters, in search of something meaningful, but wanting it all easily, quickly, now and preferably for little or no cost.
- There seem to be so many attractive and special paths and teachers and traditions available, it is not surprising if it is difficult to know who or what to choose, or believe or follow.
- I have felt strongly that it is essential for everyone interested in opening up shamanic, healing or 'psychic' abilities to start with good, practical, grounding training.
- I believe that anyone who starts to become aware of spiritual experiences outside our shared, mundane, physical reality should be able to have access to clear information, guidance and teaching. This is not currently the case.
- I, and others I know, have found it difficult to find a good balance between

our spiritual / shamanic / healing aspirations and the need to earn a living, pay our bills and taxes.

Despite all the challenges, there are lots of people out there doing good things; I do lots of good things myself. People's lives do change for the better, happier and healthier. However, there is also still a lot of confusion, a lot of suffering and despite positive changes it sometimes seems to me that very few ever achieve a lasting state of personal happiness, meaning, fulfilment, good health, peace of mind and spiritual connection.

I have undertaken a lot of training, a lot of reading and reflecting and I have done a lot of healing and teaching myself and up until recently I could not find a complete solution that works for everyone and works for me. Honestly, I became disheartened by all the options, paths, alternatives and teachings available, none of which seemed any better than any other.

How can all this be?

THERE IS NO SOLUTION IN THE CURRENT FRAMES OF REALITY

The Epiphany

We need to write new stories, create new realities. If "Reality" is currently like this, and it's not good enough, then we need to dream up something new, better, amazingly good.

If "reality" currently involves earning a living, paying bills and excessive taxes and we don't like this way of things – we need to invent new ways, new systems.

And to be fair – there are lots of good people out there, having a go at doing this already.

If "healing" and "personal growth" never seem to find an end, we must find new ways.

Don't settle for anything less than the best you can imagine.

Be clear, be honest with yourself about who you are, what you want to do and determine to make it so.

If that's "not possible" or "not realistic" the way "life is" at the moment – then we need to change it.

You, me, we, all need to create new realities. Dream them up, imagine them, put them into practice.

So

Where do I fit into all this?

Living shamanically, or living in the Flow

I have one very clear and powerful way forward; something many of us are missing and which I am fortunate enough to have been learning through a lifetime – an understanding of the energies, the non-physical, spiritual, shamanic flow of energies and how to communicate, interact and work

practically with and through them.

It should be everyone's birthright, as natural as breathing.

However, many people have lost their connection to the natural world and education in 'energy work' has sadly never been part of a general school curriculum.

My personal Epiphany was realising that everyone has the right to shamanic and crystal healing teachings. Maybe it is not your interest, but if it is: it is your birthright to become a shaman, to connect with many amazing other realms and possibilities, to become a magician, a healer, an energy worker, to become someone who is

LIVING IN THE FLOW

You have the right to be able to open up your senses to all the wider possibilities

You have the right to be able to communicate with all kinds of other forms of life and with Spirit, Oneness, God – however you call this energy.

You have the right to be part of the flow, to realise and know and live your connection to God, Spirit, Oneness

When you do this, when you really start to let go of the old outdated 'clutter', faulty thinking and beliefs, When you start to imagine new ways of living, you will be able to create them, you will be able to live them, **you will be living magnificently, joyously, magically..**

So what is my part of this right now?

I now have a deep understanding of how energies flow in the Universe and how to create within this flow. I will be teaching this during a **7-day Shamanic Energy practitioner training** in York from 3 to 9 September. What I want is to make this more affordable for you, and so I have reduced the course fee from £1397 to £997.

This is the best I can do for this right now, given costs and current realities: I am open to other ways of income appearing, consistent with my spiritual values and the highest good of all.

It also seems to be an essential part of the current realities that people need to decide they want to come and stretch themselves to meet the challenges to do so. It is currently a part of the process of how any growth, manifestation, learning, creative expression works:

Decision, commitment, meeting challenges, overcoming personal insecurities and fears, rediscovering and committing to the Dream, trusting and following the flow, Making it So ! :)

I still have a top limit of 6 places available (partly in order to do the best for each individual personally and partly limitations of venue space etc.)

I am calling for 6 special people (that I will like and we'll all like each other and work amazingly together and have loads of fun and magic for a week). If you

want to come, if you intuitively feel that this shamanic path is right for you – go for it. Come. Make it happen.

- If this does not feel like the right time, go with your intuition and do what you need to do right now.

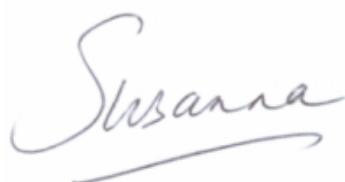
- If this is not the right thing for you, go with your intuition and do whatever is the right thing for you.

- If you're not sure what is right for you, decide to find out what is..

In any event - Don't waste any more time, keeping options open, dabbling here and there..

Go 100 percent for the best you can dream of. Discover what that is, discover who you are and what lights you up. Insist on the best for yourself and everyone else. Go for it and make it happen.

Namaste,



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Up-coming training and special events:

2011 Dates	Course	Booking Details
July		
23 July - 19 Aug	New - Shamanic Summer Retreat	Book
August		
6 Aug	Reiki I	Full
27 Aug	Reiki I	Book
September		
3-9 Sept	Shamanic Practitioner	Book
5 Sept	Online courses start (click for details)	Book
October		
1 Oct	Reiki I	Book
2 Oct	Reiki II	Book

7-10 Oct	Special Event - Shamanic Crystals Trance	Book
29 Oct-4 Nov	Shamanic Soul Healing Certificate	Book
November		
1 Nov	Online courses start (click for details)	Book
12-13 Nov	Crystal Healing & Colour Harmony Weekend	Book
December		
3 Dec	Reiki I	Book
4 Dec	Reiki II	Book
Call to arrange	Reiki III	Contact

[How to book your place](#)

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Susanna's Blog:

Susanna Bellini's blog is called "Shaman's Notes" and you can find it here: <http://www.susannabellini.com>

info@bronze-dragon.com +44-1904-636216

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