

NEWS LETTER

From

JOHN PAUL SUTTON

JOHNS WAX ART READINGS

www.johnswaxart.com

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Hi to all

Welcome to the second newsletters.

March was a busy month festival wise, going firstly to Launceston in Tasi, then the next weekend in Liverpool Sydney, then the following Saturday in Wingham, then the last weekend in Toowoomba. I met a lot of interesting people on the way.

Getting ready for the Sydney Easter Show, doing 13hour days from the 9th of April to the 22nd of April. I will be located at the World Bazaar Pavilion. So if you are at the show come and visit.

Then a week later Mind Body Spirit Festival, at Darling Harbour Sydney, for four days.

If you have an event you would like me to promote let me know

If you have a topic you would like some insight on let me know (I already have a request which I will give an answer on in the future, in regards as to what the colours on the wax paintings mean)

Please do not hesitate to forward this onto your friends

If you have received this newsletter from someone that has forwarded it on and would like to be on my regular mailing list email me and let me know

In Love and Light

John

INSIGHT FOR THE MONTH

When we are struggle with others around us, especially when they push our buttons. I suggest to people to use the following process to help get through the tough times in regards to people pushing our buttons.

LETTING GO WHEN MIRRORED

When someone does something that creates you to react, either by what they say or what they have done and you feel the need to react, either by internalising it or externalising it, say to yourself what is this showing me about me.

99% of the time you will be reacting to them from an inner child issue.

Say to yourself *“that was then this is now, I forgive the person for what they just did as they were my mirror”*

Then find a time in your childhood that is mirroring the emotion that this person presented for you. Acknowledge and own this emotion (It could have been the way say Mum or Dad treated you?????)

Then say to yourself *“that was then this is now I forgive them for what they did, not condoning but forgiving”*. Asking for them to forgive you for what you may have done in a past life to create this (for all you know you may have given them what they gave you). Surrendering this issue to God, asking God to take away the energy and leaving it in God’s hands.

You may feel the energy lift from you.

What you have just done by letting go of the inner child’s pain is to help you let go of emotional baggage related to this issue. You will find that as you clear each issue that presents itself this way you will begin to feel lighter.

What I suggest to people is that if you do this process whenever anyone presses your buttons you will begin to feel within yourself.

As a result you will have fewer issues to react to.

We should be able to get to a point in our lives that anyone can do anything or say anything and feel the need not to react to them, just shrugging your shoulders saying that it’s just them being irrational

You may find at times that this process may seem hard or you may feel emotional, this due to the fact that you are feeling the inner child’s emotions

It’s OK to cry as it is letting go of that child’s pain as you may not have done this as a child and it needs to be done now

I have given this process to many people and I have seen some amazing results from people doing this process

So try this process on a regular basis and see how you feel

You will notice the difference after a while

Like anything in life it all takes time, as long as you are dedicated to you will get results

FESTIVALS

Festivals That I will be attending In April and May

SYDNEY ROYAL EASTER SHOW

Thursday 9th April to Wednesday 22nd April 8.30am to 9.30pm

World Bazaar Pavilion, Sydney Showground, Olympic Park, Homebush

(At the show I will be selling incense and crystals as well as doing the usual wax paintings and readings)

MIND BODY SPIRIT FESTIVAL

Thursday 30th April to Sunday 3rd May 10.00am to 7.00pm

Darling Harbour Convention Centre, Sydney

www.mbsfestival.com.au

WHITE LIGHT EXPO GOLD COAST

Saturday 16th to Sunday 17th May 9.00am to 5.00pm

Albert Waterways Hall, Broadbeach

whitelightexpos@gmail.com

MIND BODY PSYCHIC EXPO

Saturday 30th May 10.00am to 7.00pm to Sunday 31st May 10.00am to 6.00pm

Adelaide Showground

www.mindbodypsychic.com.au

Other Festival that I am unable to attend in April and May

CENTRAL COAST PSYCHIC AND ALTERNATIVE FAIR

Sunday 19th April 2009 10.00am to 5.00pm

Mingara Recreation Club, Tumbi Umbi NSW

Lambeth Bennett 0243931100

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