

NEWS LETTER

From

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JOHNS WAX ART READINGS

www.johnswaxart.com

MAY 2009

Hi to all

Welcome to the third newsletters.

April and early May were very busy months festival wise, going firstly to Sydney Easter Show for 14days (12hrs per day), then the next weekend in At Mind Body Spirit Festival in Sydney, then Two weekends later at the White Light Festival in Surface Paradise Queensland . I met a lot of interesting people on the way.

Getting ready for the trip to Adelaide and then across to Melbourne. I will be taking Lynn with me once again. Michelle is now back in Sweden with her husband Sten.

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

Some time we can get ungrounded, especially when things are happening around us that are out of our control. This process is to help ground us so as to not have things affect us as much.

GROUNDING with mini balance and protection (all in one)

1:-Visualise a ray of white light from above (heaven?) and see it going down through you crown (the top of your head). Then visualise and feel the light going down through your body to your feet, filling every cell with the white light on the way.

2:-When the white light reaches your feet see tree roots coming out of the bottom of your feet and going deep into the centre of the earth, bringing the white light down as you do so.

3:-When the tree roots have reached the centre of the earth then see a pool of liquid gold. Put the tree roots into this pool and take the liquid gold energy back up through the tree roots to your feet.

4:-When the liquid gold energy reaches your feet then see and feel it then go through your body passing through your chakras as it does, going up to your crown, filling every cell in your body on the way.

5:-When the liquid gold reaches your crown then see the liquid gold coming out of your head like a fountain. As it does, see it covering you and turning you all golden.

In my opinion this process is very beneficial if done on a regular daily basis.

What you have just done by bringing the white light down through the tree roots is to ground yourself to earth. If you are not grounded you will be scattered and unbalanced, resulting in being affected more easily by situations happening around you. When you are grounded you will see situations around you with a clearer perspective.

In bringing the liquid gold energy back up through your body you have given yourself a mini balance. As the liquid gold energy passes through your chakras you are giving them a mini balance. In a way it's like having a car and fine tuning that car every day, the car will run better as you will by keeping your chakras in balance every day. Thing happening around us daily can put us out of balance.

In letting the liquid gold energy flow over you and turning you golden you have put a golden layer of protection over you. As a result you should be more protected from being affected by others.

As with all processes it is all about the intent. If you believe that you are grounded, balanced and protected you will feel more grounded, balanced and protected.

Like anything in life it all takes time, as long as you are dedicated to bringing your life into balance you will get results.

FESTIVALS

Festivals That I will be attending In May and June

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

MIND BODY SPIRIT FESTIVAL MELBOURNE

Friday 5th June to Monday 8th June 10.00am to 7.00pm

Melbourne Exhibition Centre

www.mbsfestival.com.au

WINTER MAGIC (Body and Soul) KATOOMBA

Saturday 20th June 9.00am to 5.00pm

Gang Gang street Katoomba

www.wintermagic.com.au/bodyandsoul

MIND BODY SPIRIT FESTIVAL MELBOURNE

Friday 26th June to Sunday 28th June 10.00am to 7.00pm

RNA Showground Brisbane

www.mbsfestival.com.au

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