

# NEWS LETTER

From

JOHN PAUL SUTTON

JOHNS WAX ART READINGS

[www.johnswaxart.com](http://www.johnswaxart.com)

## AUGUST 2009

Hi to all

Welcome to the newsletter for August 2009

Off to Toowoomba in the morning Thursday 27 th August, back home on Monday, Tuesday to regroup the fly the Perth on Wednesday Morning to do Conscious Living Expo, then 5 days to Explore as we make our way to Bunbury for a festival the following weekend, Fly home Monday. 3 week gone just like that.

Lots of people going through intense times at the moment, just remember everything happens for a reason and it is all there for you as a lesson to help find your strength in yourself. Hold strong in yourself and all will work out in the end as it always does

For those of you that have a wax painting has it changed of late? If so that is a good sign that you are moving ahead within yourself. As the wax painting is a representation of your life the changes are to show you that you are moving ahead in your life. Enjoy the changes

In Love and Light John

# INSIGHT FOR THE MONTH

**AUGUST 2009**

This month I am going to tell you about expanding your energy when you are feeling heavy. When you are feeling heavy and weighed down with things happening around you this process will help you to feel stronger in yourself so as to cope with the heaviness until it passes.

## EXPANSION OF YOUR HEART

What I would like for you to do is to visualise or feel your heart (What ever works for you the best)

Now I want you to imagine or see your heart expanding until it gets as big and even bigger than your entire body

Hold this visualisation or feeling there and feel the love of your heart engulf you

What you are doing in expanding your heart is to expand your love for yourself past the heaviness that has presented itself around you. The way that I explain to people to understand what you are doing in doing this process is that if you had a bottle of water and put some oil in it the oil would sit on top of the water. Imagine the water being you and the oil being the heaviness that you are feeling. Now shake the bottle up and the oil and water mix creating this whitish coloured oil and water mix. This is like what happens when you expand your heart love through your body, the heaviness is mixed through the body as the oil is mixed through the water. In conclusion what expanding your heart love through your body is making the heaviness not as heavy making it easier to cope with the heaviness until the heaviness passes or you work through the issue at hand?

# FESTIVALS

## Festivals That I will be attending in August, September and October 2009

### **WHITE LIGHT FESTIVAL, Toowoomba**

Free entry

10am to 6pm

Saturday 29<sup>th</sup> to Sunday 30<sup>th</sup> August

Burke and Wills Hotel

544 Ruthven Street Toowoomba

[www.whitelightexpos.com](http://www.whitelightexpos.com)

### **CONSCIOUS LIVING EXPO, Perth**

10am to 7pm

Thursday 3<sup>rd</sup> to Sunday 6<sup>th</sup> September

The Robinson Pavilion

Showgrounds Exhibition Centre

Graylands Rd Claremont WA

[www.conscious-living.com.au/expo/](http://www.conscious-living.com.au/expo/)

### **MAGICAL PSYCHIC HEALING EXPO BUNBURY (Perth)**

\$ 5.00 entry

10am to 5pm Saturday 12<sup>th</sup>

9am to 4pm 13<sup>th</sup> September

Italian Club

White Street

Bunbury WA

[psychic@tpg.com.au](mailto:psychic@tpg.com.au)

## **HEALTH HARMONY SOUL EXPO, Brisbane**

10am to 7pm

Friday 2<sup>nd</sup> to Sunday 4<sup>th</sup> October

Brisbane Convention Centre

Cnr Merivale & Glenelg Street

Southbank, Brisbane

[www.healthharmonysoul.com.au](http://www.healthharmonysoul.com.au)

## **MATARA FESTIVAL OF NEWCASTLE**

### **Metaphysical Day**

9am to 4pm

Friday 9<sup>th</sup> October

Camp Shortland (Opposite Nobby's Beach)

The Robinson Pavilion

Showgrounds Exhibition Centre

Graylands Rd Claremont WA

[www.conscious-living.com.au/expo/](http://www.conscious-living.com.au/expo/)

## **WERRINGTON SPIRITUAL CHURCH READING DAY**

Saturday 10<sup>th</sup> October

## **CENTRAL COAST'S PSYCHIC & ALTERNATIVE FAIR**

10am to 5pm

Sunday 11<sup>th</sup> October

Mingara Recreation Club (Central Coast NSW)

Lambeth Bennett 0243931100

## **Festivals That I will not be able to attend in August, September and October 2009**

### **CENTRAL COAST'S PSYCHIC & ALTERNATIVE FAIR**

10am to 5pm

Sunday 30<sup>th</sup> August

Doyalson RSL Club NSW

Lambeth Bennett 0243931100

### **Contact details**

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