

June 2023



Welcome to my first Newsletter!

*For the longest time, I have been wanting to start a newsletter but always came up with reasons as to why "now" was never the right time... What a silly thought actually... as all we have IS now, and "now" is the perfect time to start. Anything.*

*We are quickly approaching the summer solstice... The longest day of the year. This is the time in which we can use the light to awaken our awareness.*



We all know without light darkness can't exist. Naturally, the opposite is true as well. We need contrast to understand our current reality. Ideally, we are able to view this contrast as a gentle reminder of "what shows up in the present moment" and not as a judgmental force or cold criticism. Besides, everything is transmutable at any time as everything is energy...

With this influx of light, on both a physical and spiritual/energetic level, we are gifted the opportunity to illuminate those aspects of ourselves we may feel ashamed of or have decided early on in life are "not very nice." Maybe we were told certain things we did were not acceptable or welcomed. Perhaps we were the ones who have chosen to bury certain personal traits we longed to keep in the past. Whatever the reality may be, shunning parts of ourselves leads to fragmentation as well as unnecessary shame and pain.

The reality is... We are all doing the best we can with what we have and know. Instead of rejecting our "unlovable parts" and keeping them locked up in a cage of sorrow, we need to do the exact opposite... It's time to direct the light into every aspect of our being and nurture ourselves with self-love, patience, and compassion; only then can we integrate all aspects of ourselves and transmute that which has been hidden. Growth is a process.

Maybe we need to forgive. Maybe we need to be forgiven or let go. Unless we are brave enough to acknowledge and nurture every part of ourselves, we will never truly be free. There is nothing to fear. It is time to trust, feel safe and muster up the courage to release the hurt and the hidden - only then can we make room for new blessings.

Summer, a time to grow the seeds we planted in the spring, a time to take risks, stretch, try new things, enjoy the sun, and conceptualize that which we would like to experience in this new season. Summer, a time to let go of what no longer serves us and with that, make room for the new to emerge

and bloom. This is the perfect opportunity to awaken to a new season, new opportunities, new visions and to a new you. It's a time to connect with our hearts in gratitude and merge with the pulse of life. The time is now. The place is here. Enjoy your path, your vision, and your life!



*With gratitude and respect,*

*Amanda*

### Opportunities:

Two free on-line (zoom) introductory classes:

*Self-Care, Art Therapy Techniques and Energy Hygiene*

*Wednesday, June 21, 2023, (Summer Solstice) at 19:30h OR*

*Saturday, June 24, 2023, at 11:30h (Spanish Time)*

*If interested, please go to my website [www.FlyingColors.Life](http://www.FlyingColors.Life) and fill out the "Contact Me" form. Don't forget to let me know what date you are interested in attending.*

*If you would like to sign up for my free monthly newsletter, please go to [www.FlyingColors.life](http://www.FlyingColors.life)*

*Thank you!*