

# CONNECTED WITHIN

## ONE WITH EVERYTHING

### NEWSLETTER

FEBRUARY 2025



As Spring is beckoning, with the first crocuses radiating hope and purity, let us take time to celebrate the small gifts of freshness, beauty and small moments which enrich our lives.

Let's notice these moments and recognise them when they appear in our lives, as they bring a little more joy to everything!

The year started with write ups on the year of the wooden snake - shedding its skin to free expression of self - artistically, morally, clarifying our intentions to free ourselves of fear, upset, insults, offense as well as shock and sometimes old wounds and trauma.

These past two weeks I experienced loss and worry, seeing incredible clients battle their sometimes deeply testing circumstances with every ounce of grace they can muster, had heavy news of a very dear client and friend's passing, and another very special life long friend embarking on her journey with overcoming illness!

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Knowing nobody needs my worry, sadness or fear but my belief, my trust, my power of love and my intention to help through healing in whatever way each of us needs and absolutely deserves.

Yes, let's all start with nurturing and healing ourselves - so we are able, rooted in that connectedness and trust, support others and therefore unconditionally make a difference!

Yes, I realised how important it is to embrace the truth of our feelings, before we can release shock and trauma. Because shock and fear or deep hurt strikes at the body.

So, we need to choose wisely what we allow it to cost us - where we put our attention as our energy directly flows there too.

We need to look for and find ways to recover and to find trust and consequently heal!

Truth is never negative -

let's choose to hear the positive in everything we hear, say and

keep our intention free,

from being the victim of sometimes huge challenges,

focusing on our attitude of believing in the power of our innermost essence of love,

learning how to let a drop of hope and kindness nurture us!

Pure Self-embrace is key, focused on clearing self-judgment and any lack of empathy, especially towards ourselves.

Being there for and with the truth of our feelings and sensations, allowing kindness and support in,  
asking for help and feeling grateful for the kindness from others, loved ones or strangers, from sunshine or sprouting crocuses through the wintery soil.

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Finding new ways to be hopeful and joyful even.

United, thoughtful, open-minded and open-hearted let's embark on this journey towards Spring -  
and make space for hope, trust, appreciation and joy at our table!

Let me infuse you with reassurance that wherever your focus and attention goes, your energy will flow to also - so let's make our journey towards Spring one filled with Grace, Trust, Vision and Joy!

With Gratitude and Love,

Birgitta