

The Light Switch

Fairies: Nature's Guardian Angels By April Ann D'Amato



Promoting HOPE (Healing Our Planet Earth) one person at a time through turning on the Lights.

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Contact Information

April Ann D'Amato

Holistic Life Coach/Spiritual Mentor
 Reiki Master/Energy Therapist
 Spiritual Guidance

Soul Star Healing

484 Main Street, Suite 21B

Middletown, CT 06457

860.985.0211

www.soulstarhealing.com

april@soulstarhealing.com

Did you know that fairies are real? What are they? Have you ever seen them? Do you want to work with them?

In honor of Earth Day which is April 22nd, I chose to write about fairies. Did you know Fairies are real? They are real life forms that reside in a parallel, but unseen world called the astral plane. This is the plane just above animals and plants. They are half in the spirit world and half in the incarnated world.

Fairies are nature's angels who protect our air, water, land, plants, and animals. They are the angels who keep our planet green. The more people who believe in fairies, the more power they have to help our environment. Cultures who believe in fairies generally have better produce, more parks, and more respect for the environment. World Fairy day is May 2, 2009. Around the world, there are gatherings held by believers to celebrate the existence of fairies and to educate us about their presence. The goal of the creators of the

Something to ponder...



**The Daily OM
 An Astounding Affirmation: Springtime**

Spring comes when the earth, coaxed by lengthening days and warmer temperatures, begins to awaken from her winter slumber. She stretches open to receive the rain that gives

drink to flower buds and seedlings. She takes a deep breath, and on her exhale the leaves on trees unfurl like tiny flags heralding her revival as baby animals tumble forth, trumpeting the good news to all who will listen. Rebirth and repopulation fill the void of winter with flurry and fury as what appeared to be gone forever comes into being once again. Even though it happens this way every year, we stand in awe, our insides trembling sweetly like the legs of a new foal as we too are reborn.

This is when we fall in love, again, speak without thinking, say yes to things we would normally refuse. It becomes more difficult to say

World Fairy Festival is to teach us what they have learned from their fairy friends:



1. Having fun and playing is vital to health and happiness. Fun is a necessity, not a luxury.

2. Respect for animals and our environment is paramount. Every person's contributions count.

3. Fairies are God's nature angels. They received a bad reputation from people who mistreated the environment, and who were afraid of the power that fairies have (and which they lend to people who respect the environment). This power is God-given, pure, and needed in our world right now to help our earth to heal.

It is never too late to start working with our fairy friends, it is simple just start by doing something good for the environment on Earth Day. The fairies will begin (Con't. on back)

no when the whole world around us appears to be an astounding affirmation of the resilience, richness, and plain, perfect beauty of life. We may find ourselves feeling several years younger and 10 pounds lighter without changing a thing. We may feel the urge to cleanse our bodies with a new pattern of eating, clearing our kitchens of cold-weather comfort foods and filling them instead with lighter fare and fresh fruits and vegetables. We may clear our closets of old clothes or cut our hair to express a new facet of who we are, and who we might become.

Springtime inspires us to believe that, along with the earth, we too might change, release the past, and give birth to new ideas, new relationships, and new perspectives. In honor of spring, we could make a list of the many possibilities we envision for the future and bury it in the earth, surrendering the fertile seeds of our imaginations to the nurturing soil. In tune with the season, we can then watch in wonder as the last of the snow dissolves into the rich brown earth, and stark winter gives way to green possibility.

Medicine for the soul. ~Inscription over the door of the Library at Thebes, an Ancient Egyptian City

Each month in this section, we highlight a book that has been helpful to us on our journey and may be of interest to you. On my path, I have read many books that have inspired, touched and motivated me in many ways.



This month's Medicine for the Soul was submitted by Teri Bourget.

The Four Agreements by Don Miguel Ruiz.

"The Four Agreements" was the book that broke "this camel's" back so to say. It was like somebody grabbing me by the shoulders (in a loving way) and saying, "Snap out of it!" I was experiencing "delayed"

post-divorce anger & anxieties. I happened to pick up the little "pocket" book version that was on a spinning rack at the check out line at Borders...just this condensed version had enough power in it to change my way of thinking. I learned that we can control and even eliminate our own mental and emotional pain and suffering. In summary, the four agreements are: Be impeccable with your word. Do not take anything personally. Do not make assumptions. Always do your best.

Books are a powerful way of connecting with our spirit. A book is a journey in and of itself. It helps to bring us inward and find the core of who we are.

What books have touched your soul, shed light upon your path or helped to guide

you toward your dreams? If you have a read a book that has inspired you on your spiritual path, please share the name with us so others may benefit from reading it too!

SHARE YOUR BOOKS

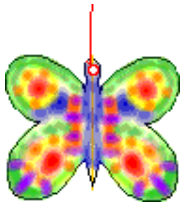


What do you need to do to share?

Email your book information to april@soulstarhealing.com; include: the title of the book, the author and 2-4 sentences about the book and your experience. The book titles will appear in the next newsletter and on my website.

Children's Corner

Please be sure to share your thoughts and ideas with me to be presented in a future newsletter and my website. Email your suggestions to me at: april@soulstarhealing.com



Are you a butterfly lover? How many of us love the change of season from winter to spring? Does n't a butterfly signify that to us? Why not make your own butterfly window hanging with your children?

Waxed Paper Stained Glass Butterfly

Materials Needed:

- Waxed Paper
- Old Crayons (Crayons shaved with scissors or a knife by an adult)
- Scissors, Hole Punch, An Iron
- A few inches of string

Instructions:

Fold a piece of wax paper in two. Draw half a butterfly with the body at the fold. Flip the paper over and draw the half of the butterfly (using the original as your template).

Open the waxed paper and put it on a flat surface. Put some crayon shavings on the waxed paper (and inside the butterfly).

Cover the waxed paper with another piece of waxed paper. Have an adult iron the two layers of waxed paper together on low heat (protect your iron by putting a paper towel on top of the waxed paper while ironing).

Cut out the butterfly. Punch a hole near the top. Put a string in the hole for hanging it. This butterfly will look beautiful hanging in your window.

Going GREEN Tips

This section highlights some ideas on how you can Go Green in your life.

As many of you know I am a Treehugger for real, at least in the last two years of my life I can officially be called one because I learned that hugging trees was a great way to ground and renew my energy (try it; it is amazing!) Prior to that I was called a treehugger because of my lifestyle choices. Anyway, I wanted to give you my take on Bottled Water vs. Tap Water.

Drinking tap water is so much better for our planet than buying bottled. People have an obsession with bottled water. Somehow, somewhere, somebody decided that tap water was no longer acceptable and along came the paranoia, the bottled water and the [ocean's full](#) of trash and empty plastic bottles. I know, I know that not all tap water tastes the same. Start with a visit to www.ewg.org/tapwater to see how your state's water rates and learn about possible contaminants, then buy a filtration system accordingly. If your water gets good marks, and your biggest concern is the omnipresent chlorine (added to keep the water from picking up contaminants), try filling a pitcher and letting it sit, uncovered, on the counter overnight. The chlorine will evaporate—and later, when you stash it in the fridge you won't notice it at all.

Today, there are many types of reusable bottles that both creative and expressive additions to your personality! Some of us choose to continue to drink tap water while others use filtered jugs and tap filters, either way by choosing not to drink bottled water you are making a huge difference to the Earth.



Sacred Stone Therapy by Laura Lagana, LMT



Sacred Stone therapy marries the art of hot stone massage with the ancient science of Ayurveda. Ayurveda is similar to oriental medicine,

and it's roots originated in India several thousand years ago. Translated, Ayurveda means "Science of Life." The integration of heated and chilled stones in massage has become widely accepted as an effective modality within the bodywork industry.

The beauty of this therapy is manifested in the compassion extended from the therapist to the client. This compassion becomes imprinted within the matrix of each stone.

About the stones

Stones are ancient bones of the earth. Each stone has an ethereal pulse, which when laid upon the body, will harmonize perfectly with the human pulse, if you allow it. The stones contain minerals from the earth's core that act as magnets to draw out negative energy and toxins.

Stones received as a gift or from a child have greater healing qualities. A sacred Stone Massage is like getting a big hug from Mother Earth! "Stones are alive, but in a sweet coma." Dr Vasant Lad.

About the Crystals

Raw crystals are used in Sacred Stone Therapy. Polished or tumbled stones create a barrier, synonymous with a sunburn. Crystals used are amethyst, citrine, lapis lazuli, rose quartz and clear quartz crystals.

Who Would Benefit from a Sacred Stone Massage?

Sacred Stone Massage is calming, peaceful and restorative. It is designed to bring the mind, body and soul back into balance and renew the sweetness of life. This treatment is wonderful for all those who live in this fast paced, multi-tasking part of the world. Those people who drive their cars while eating lunch, read email while listening to voicemail, working in stressfilled jobs, confused relationships and 2.5 kids; listen up this massage is for you! It will bring you 5 times deeper into quietude! Sacred Stone Therapy also increases circulation, promotes the release of toxins, irons out tight muscles, reduces puffy eyes, gently exfoliates the skin, relieves sinus pressure, elevates the senses and is extremely grounding. Great for all you light workers to bring you back to earth now and again!

The Case for Crystals: Crystals are magical and can be partners in our healing. With their energy fields matching our human energy fields, crystals are wonderful tools for rebalancing our energy and promoting healing for us. We are just beginning to understand the healing power of crystals, but they are something we should work harder to understand because they can be a beneficial partner in our healing and growth. Each month in this section, I will highlight a different crystal for you to learn about its healing properties.

Crystal Name: Azurite and Malachite (Natural amalgam of these two minerals)

Appearance: It is blue and green...looks like the view of earth from space.

Healing Properties: Believed to help individuals renew and re-member their connection to the ALL. It freshens the person's outlook and allows us to touch our core self without fear, letting us touch our child within and be "reborn into the light." Soothing the soul, this crystal releases stress and helps the wearer to make new beginnings. It helps to heal past traumas and releases all patterns. Physically it helps muscle cramps, throat problems and joint problems as it helps with flexibility.

Position: This can be carried on your person in a pouch, pocket or as a piece of jewelry. It can also be placed in a place you work or in a bag you carry as the vibration is what you need to help you heal.

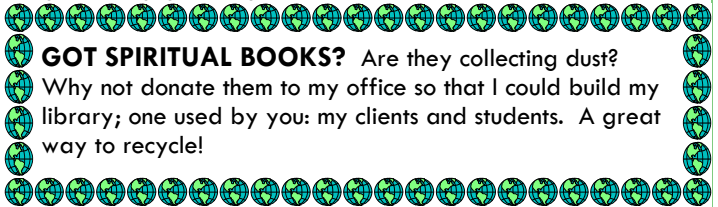


to take notice. They will become supportive of your efforts and gradually begin to trust you and make yourself known. Anything you do to help our earth and the environment you live in is a sign to the fairies that you are willing to work with them.

Recently I sat down to do an intuitive reading for someone and I began to feel such warmth, excitement and joy, but my client's energy was nervous. I even felt like I wanted to get up from my seat to dance and play. The really exciting thing was that it was the energy she brought with her; hundreds of fairies. She didn't even know it! They are surrounding her because they want to help her on this part of her journey. She is a member of their family from long ago they informed me. She even looked like a fairy-spirit. I thought to myself, "How cool is that?"

Then I remembered that last fall while I was away, I lounged on a deck and asked the fairies for help clearing me. I

opened my eyes and there were hundreds of shiny little bodies fluttering around me working to remove anything that did not belong. In the last several months, the nudges to work with the fairies from Mother Earth and my angels has increased. I told the my angels and guides that I didn't know enough about the fairies. Just as I said that a past client/friend of mine dropped by my office with a book on fairies for me. All these experiences are encouraging me to get you to work with fairies too! Remember, they are showing up because Mother Earth needs our help. So why not take a step today to help the fairies on their journey and they will help you on yours!

 **GOT SPIRITUAL BOOKS?** Are they collecting dust? Why not donate them to my office so that I could build my library; one used by you: my clients and students. A great way to recycle!

Soul Star Healing
484 Main Street, Suite 21B
Middletown, CT 06457

Newsletter & Mailing List

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We have a choice: to plow new ground or let the weeds grow. -Jonathan Westover