



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

# The Light Switch

Happy New Year My Friends!

2009 is here and I had this feeling of it sneaking up slowly upon us over the last few weeks. It amazes me how quickly time has gone by. It seems as though 2008 was just getting started not too long ago and at the same time, I was thinking thank goodness it is over! I have on good authority (The Angelic Realm) that this year is all about results. The past couple of years many of us have experienced growing pains and preparation for what is to come in the way of new energy of the new year. The true excitement of the new year finally "hit" me the other day! The time is NOW for the manifestation of all that we have worked on.



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Get ready for the ride because it is all happening now! Everything that you want, everything that you desire is within your reach if you only trust and let go of the outcome of your expectation. Let it arrive safely within your "hands" as it will. My inclination is to say this year shall be a breeze for us and we can sit back and relax and enjoy, but the truth remains it is most important now to keep steady progress in our perspective for it is our views, our thoughts and our attitudes that create our reality. Hold tight because this year Miracles will happen as we started to see the second half of last year. Remember, we are meant to live this human life to its fullest which means we have to remember to play in the human world for it is our playground! May love and light surround you always. Be not afraid for you are always surrounded by the angels. Simply call on them and they will let you know they are there. (Not sure if you noticed, but the words above were divinely guided for you!)

Thank you to my "old friends" and welcome to my "new friends". I am so grateful for my many blessings and the first being YOU—my clients and my students! You make my life more beautiful by your presence and you make my dream of helping and healing people possible by your referrals so I thank you very much!

Soul Star Healing has lots of changes coming up this year...stay tuned...Love and Light, April.

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**The Daily OM  
Trying To Please Others**  
*Living For Ourselves*

Most of us come to a point in our lives when we question why we are doing what we are doing, and many of us come to realize that we may be living our lives in an effort to make our parents happy. This realization can dawn when we are in our 20s, our 40s, or even later, depending upon how tight a hold our family of origin has on our psyche. We may feel shocked or depressed by this information, but we can trust that it is coming to us at this time because we are ready to find out what it would mean to live our lives for ourselves, following the call of our own soul, and refusing any longer to be beholden to someone else's expectations.

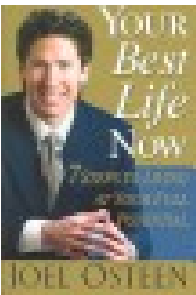
One of the most common reasons we are so tied into making our parents, or others, happy, is that

we were not properly mirrored when we were children. We were not honored as individuals in our own right, with a will and purpose of our own, to be determined by our own unfolding. As a result, we learned to look outside of ourselves for approval, support, and direction rather than look within. The good news is that the part of us that was not adequately nurtured is still there, inside us, like a seed that has not yet received the sunlight and moisture it needs to open and to allow its inner contents to unfurl. It is never too late to provide ourselves with what we need to awaken this inner being.

There are many ways to create a safe container for ourselves so that we can turn within and shine the light of awareness there. We may join a support group, go to therapy, or start a practice of journaling every day for half an hour. This experience of becoming is well worth the difficult work that may be required of us to get there. In whatever process we choose, we may feel worse before we feel better, but we will ultimately find out

## 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 Olga Marano.

Your Best Life Now: 7

Steps to Living at Your Full Potential By Joel Osteen.

This is my book of choice and it's a very inspirational one. Your best Life Now helped me when I was in a very low tide in

my life mentally and physically. I was at total war with myself and doing things that were naturally hurting my body and my spirit. This book helped me to take my life back and put God first in all that I do. With that belief in God, I was able to trust and regain my thoughts, my spirit and my life. I started to look at my life more positively and just accept things and situations for what they are. It also helped me to see people and myself as I am. Whatever your circumstance, this book will help you to stand back up on your feet and believe in God and yourself once again.

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!

What do you need to do to share?

Email your book information to [april@soulstarhealing.com](mailto: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.

### SHARE YOUR BOOKS



## 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](mailto:april@soulstarhealing.com)

Have you ever sat inside during a snow storm and wondered how deep the snow really was outside your door? Have the kids guess at how deep it is and then measure it with our snow measuring stick! This stick is a great winter craft and will even get your kids talking about measurements! It is also a beautiful addition to your winter landscape!

### Snow Measuring Stick

#### Materials Needed:

- Wooden Stake & Wooden snowflake cut-outs various sizes(at most craft stores)
- Paint: Blue & Silver Craft Paint, Blue & Silver Glitter Paint, White 3-D
- Glue, Pencil & Paintbrushes
- Tape Measure or Ruler

#### Instructions:

Paint the stake blue (2 coats) and set aside to dry. Paint all the snowflakes silver and set aside to dry. For the big snowflake, outline in silver glitter paint and then an inner outline of blue glitter paint and an interior silver glitter paint. Use silver glitter paint on each small snowflake and use paintbrush to spread it evenly around snowflake.

Use your tape measure to mark out 1 inch increments on your blue stake. Go back over these numbers with white 3-D paint so that they stand out. Glue the large snowflake to the top of the stick and glue the smaller snowflakes along the stick for decoration. Place outside and wait for snow!

## Going GREEN Tips

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

### Avoid Fast Food.

Most fast food is overpackaged and most fast-food companies are responsible for producing mountains of trash. By avoiding fast food whenever possible, you'll help reduce this needless waste.

### Buy Products Made Of Recycled Paper.

How can you tell if a package is recycled? Look right on the package. Many have specific claims, such as "made of 100 percent recycled material." However, some recycled packages don't advertise this fact, although there are ways you can find out for yourself. For example, when shopping for cereal, cookies, crackers, and other groceries packaged in cardboard boxes, make sure boxes are made from recycled paper. If the underside is gray or dark brown, the cardboard is made of recycled material. If it's white, it is made of unrecycled material.

### Create A Compost Pile.

It's easy to do. Find a corner of the yard that's out of the way. Carefully throw food wastes (leftovers, eggshells, coffee grounds, spoiled vegetables, etc.) into a pile and mix with dirt. Every week or so, turn the pile over with a shovel to give it more air. In a few weeks, it will turn into a rich, nutrition soil that will help plants grow. Just think: What used to be "garbage" is now a valuable substance!



## Gail's Journey into the Light By April D'Amato



Recently, I was with a dear family friend when she passed from this life into the light. I was blessed to be part of Gail's passing and honored by the experience that her spirit shared with me. I am privileged to be sharing this experience with all of you.

When I was younger I was very afraid of death and didn't know what happened when you die. I didn't really find comfort in my religion at the time because honestly no one really talked about death other than the mention or thought that the person you loved was going to heaven. Was it really more beautiful, I wondered. I hope this story helps to make your understanding of death a little easier. It wasn't until I started to learn about Energy Healing that I discovered there was so much more to death than we thought or may have been taught. Instead, it is far more beautiful. The thing we need to remember is that we are spirit in a human body experiencing our life; therefore, our reality is in being a spirit. While living the human role on earth, we tend to forget that our soul is happy to go "home" (home is the word I use to describe the place we (our spirit) go to when we leave this earthly realm) and be reunited with the loved ones who past before us.

On the day that Gail suffered her massive heart attack and entered the hospital, she had already visited "home". It is the hospital's job to keep a person a live, so they placed Gail on life support to sustain her; however, it truly was the machines operating to keep her alive. During difficult times like this, we try to hold onto our loved ones not wanting to let them go because of our feelings of loss, sadness and pain so we struggle in determining which choice is right; and Gail's family was faced with the struggle of whether or not to keep her in that state just

so they still had their mother, wife, grandmother to humanly touch and look at. Her family knew that it was her time to go and had made the decision to take her off life support. As soon as I heard that Gail was in the hospital in a very serious condition, I immediately asked my mom to call the family to see if it would be okay if I was to go to the hospital to perform Reiki. I am so grateful for the gift of Reiki because no matter what the situation; Reiki is there to help the individual for their highest good. In the last few years, I found that Reiki allows me to do what I can to help a loved one, and provides me the opportunity to help in those times we feel most helpless. When I arrived in Gail's room in the Intensive Care Unit of the Hospital, her spirit was floating above her body. As readily as I sensed her, she knew I was there and I knew she had already visited home. As I stood to perform Reiki, I felt the presence of her mother, who had passed several years before, with her. Gail was giving me some messages to share with her family. She knew they were on their way. She knew they had made the decision to let her go and was expecting them to come together soon to say good-bye to her.

As Gail's family gathered into her room, I stepped back for her family to come closer still maintaining my connection to Gail as I sent Reiki to her and her family. Each member placed their hands upon her and touched her knowing that this would be the last time they would have contact with her in a physical way. Gail knew it as well, and in that moment; it was as if a huge angel (Gail's spirit that was hovering over her human body) swooped down to enter her body one last time. She wanted to feel once again in a human way their touch. It brought tears to my eyes, it was so powerful.

As the doctors finished disconnecting the machines, I closed my eyes and saw the most amazing thing. A door appeared and opened slightly. Gail's family was watching her as she was taking her last breaths as I watched the scene her spirit was showing me. The door was ajar and light sprang out around the door frame shining bright. Gail's mother appeared and shortly thereafter, I saw Gail, but she had transformed into a little girl; a child grabbing a hold of her mother's outstretched hand. Together they looked at the door as Gail's eyes wid-

**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:** Amber
- Appearance:** Golden Brown in Color.
- Healing Properties:** Believed to calm the nerves and aid in making of correct choices. It helps the body heal itself by absorbing negative energy and turning it into positive. It is a protective shield against taking on other's pain in healing work. Treats Asthma, Infections, Ear Problems and Teeth.
- Position:** Place on any area of the body that is imbalanced or in pain; it will draw outs the negative energy and helps the body to heal itself. After using Amber for such things, it may become cloudy and dull looking. It is important to cleanse after use.

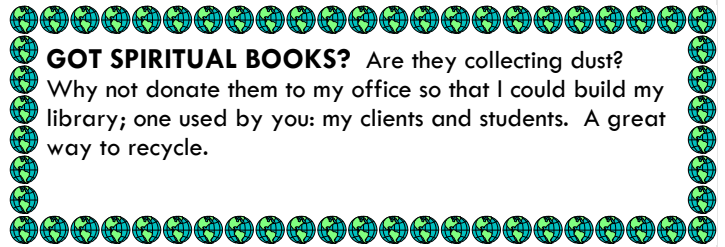


ened at the sight of the light beaming out around the door. It was the most beautiful light; Gail looked in anticipation much like a child's excitement on Christmas Eve awaiting Santa's arrival.

For a moment, she looked back at her family and realized that they would be okay. It was time; she turned to look at her mother, a suitcase showed up in her hand (the suitcase is my sign for when a spirit is ready to cross), grabbed a hold of her mother's hand once again and danced with excitement as the door opened wider. Gail began walking to the light with her mother leading the way. Just as I saw her enter the light and disappear, her family announced, "She's gone." The hospital monitors confirmed her departure into the light. I am so grateful and honor Gail's spirit for blessing me with the "sight" to see her make her way out of the human realm into her "home" of Love and Light.

Since doing Reiki and my intuitive gifts of connecting with Angels and loved ones who have passed, I don't view death in the same way that I had. I believe our loved ones are never gone

completely and further more they don't appear to be far from where we are. Just as with Gail, I believe all our loved one's pass into the light knowing it is their time; no matter how long or short their "voyage home" may take, they know. However, we, the loved ones who remain after, don't always know. The thing I learn each time I experience someone's journey into the light is that on a spirit level it is never too late to say what we long to say; but as humans we long to be heard. So the message I would like to share with you is that it is important to remember to share our love for each other openly and at any moment we feel inclined—that way we can always be sure we are heard!

**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.

## Newsletter & Mailing List

If you are interested in receiving The Light Switch and/or would like to be placed on the mailing list, please fill out the form below and mail it to the address below. Or if you prefer to receive only emailed information, simply email [april@soulstarhealing.com](mailto:april@soulstarhealing.com). Thank you for your interest!

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_

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Check the following boxes:

- I am interested in receiving your newsletter.
- I am interested in being placed on your mailing list.
- I am interested in more information about your classes and workshops.

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