



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

# The Light Switch

Happy Summer Friends,  
Life has been full of many surprises since spring....hope you are enjoying your journey as well. I have decided to make The Light Switch a Quarterly Publication which will both help save the trees, but also provide me some much needed writing time. I wish you well and look forward to hearing from those of you I have not heard from. Keep the spirit, April

## In the Moment By April D'Amato

We are in a time of change and new energy on this planet. The year of 2008 has been long in coming and here it is. Late last August, I was driving in my new car (which I must say I am still very grateful for and in love with) and I heard quite clearly, "All will be said and done in 2008".

2 What does that mean I thought? Does it pertain to just me or others as well? I quickly received my answer it pertained to all of us. Back in 2006, I began channeling universal messages from the Angels as part of my journey. The first message was about change and decisions to let go of that which we no longer need. The message further expressed that NOW was the time to decide which way we want to go in our life.

3 It is the NOW that brings me to the topic of this article. In order to understand the NOW, we must understand living in the moment. The only time we are assured of in this life is that of this moment.

## Something to ponder...



### The Daily OM Translating Our Feelings Are You Excited Or Scared?

When new challenges and opportunities show up in our lives, we may diagnose ourselves as feeling scared when what we really feel is excited. Often we have not been taught how to welcome the thrill of a new opportunity, and so we opt to back off, indulging our anxiety instead of awakening our courage. One way to inspire ourselves to embrace the opportunities that come our way is to look more deeply into our feelings and see that butterflies in our stomach or a rapidly beating heart are not necessarily a sign that we are afraid. Those very same feelings can be translated as excitement, curiosity, passion, and even love.

There is nothing wrong with being afraid as long as we do not let it stop us from doing the things that excite us. Most of us assume that brave peo-



When I started out on my spiritual path, I began to understand that and began making a conscious decision to live in that way. At first, it seemed to be such a task to be "awake

and aware". It takes being vigilant of your thoughts and aware of where your focus is. Sometimes it is a lot more difficult to catch ourselves than we think. Although I began living "in the moment" more and more, I was not yet living it fully.

It wasn't until the recent months that I began to recognize what living in the moment truly is. When we don't listen to our intuitive self, divinity steps right in and brings forward the message with clarity and light. In the last three months, dramatic changes were taking place for me that Article is Continued on the back page.

ple are fearless, but the truth is that they are simply more comfortable with fear because they face it on a regular basis. The more we do this, the more we feel excitement in the face of challenges rather than anxiety. The more we cultivate our ability to move forward instead of backing off, the more we trust ourselves to be able to handle the new opportunity, whether it's a new job, an exciting move, or a relationship. When we feel our fear, we can remind ourselves that maybe we are actually just excited. We can assure ourselves that this opportunity has come our way because we are meant to take it.

Framing things just a little differently can dramatically shift our mental state from one of resistance to one of openness. We can practice this new way of seeing things by saying aloud: I am really excited about this job interview. I am really looking forward to going on a date with this amazing person. I am excited to have the opportunity to do something I have never done before. As we do this, we will feel our energy shift from fear, which paralyzes, to excitement, which empowers us to direct all that energy in the service of moving forward, growing, and learning.

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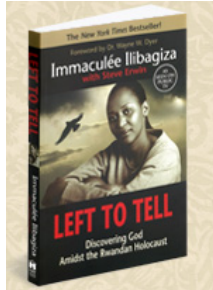
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## Medicine for the soul. ~Inscription over the door of the Library at Thebes, an Ancient Egyptian City

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 Dede Krasnow.

Left to Tell By Immaculee Ilibagiza with Steve Erwin

*Left to Tell* is the true story of one woman's faith and survival who spent 91 days in a tiny bathroom with seven other women and survived the Rwanda Holocaust of 1994. Immaculee's exceptional

spirituality comes thru as she recounts faith, fear, healing and forgiveness. The saga of this petite woman is very humbling. The book changed many views in areas of my life. It has helped me in dealing with some issues which were much less serious than Immaculee's, but necessary, forgiveness issues in my life. *Left to Tell* is a very quick reading book which you won't want to put down. I recommend it to anyone who wishes to expand his/her spiritual being.

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](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.



## 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)

### Fridge Magnets

#### Materials Needed:

- Magnets (Many times you have magnets that are outdated and reflecting a business you have patronized—use it for this project!)
- Clothespin (Wood or Plastic)
- Cardboard, Cardstock paper, Plastic Lids
- Decorations: feathers, glitter, markers, paint, etc.
- Glue & Scissors

#### Instructions:

Children can cut out shapes from their favorite sport, hobby, theme, animals or even food. They can cut out the shape from anything sturdy like cardboard, plastic container lids.

Color, paint, decorate the cutouts with glitter, feathers or draw details with markers. Glue cut out designs onto a clothespin.

Cut a piece of the magnet and attach it to the other side of the clothespin with glue. Your fridge magnet is ready to hold notes, artwork or menus. You can skip the clothespin and put the magnet directly on the back of your themed cutouts, but then its less functional.

You can create a magnet with your child too. A great idea would be to use a photo of your child for your clothespin. This can be their special magnet where you can leave them a note specific to them. This could used for giving them a special message of love for them to find when they wake up or come home from school. It could be used for their list of chores. Be creative with your child, but most of all enjoy the experience.

## Going GREEN Tips

Do you have a printer, sofa or phone you no longer need or want? Do you need to remove clutter from your house? Do you have a table, baby carriage or other items that are no longer useful to you, but may be useful to someone else? Don't send them to the landfill, give them a new home instead. Ever hear the saying one person's trash is another person's treasure? Well, on the ever growing freecycle community, that surely is the case.

Log onto [www.freecycle.org](http://www.freecycle.org) for more information and to find your local community email group to offer your items.

Ever go to the store to buy one item and the clerk placed it automatically in a plastic bag? Ever notice how quickly you accumulate plastic bags at your house?

One way to stop wasting energy to make paper and plastic bags is to buy a sturdy and supportive back made to be reused. A reusable bag is often stylish, colorful and made from recyclable materials. Purchase your own bag at [www.reusablebags.com](http://www.reusablebags.com).

Be sure to check out my website for more links and tips on how to renew the earth by being Green.





## The Magic Of A Love Garden By April D'Amato

Whether you are single or in a relationship we could all use a little more love in our life. This month's article is about connecting with the energies of love through a little earth magic. Taking the time to create a love garden provides you with the opportunity to nurture the essence of love within your self, one another, and love for all things.

Gather together all the things, you will need for your love garden before you begin.

- You will need 7 plants that open the Heart. The Rose is a definite indicator as it comes in a variety of colors indicating different traits you would like to bring in such as red for passion. Other plants to open the heart are: Daisy, Magnolia, Passionflower, Myrtle, Geranium, Iris, Spearmint, Orchids and Hibiscus, Lilies, Violets.
- Water. Water is the element of emotion, so a pool or water feature will deepen the power of your garden. However, you can use seashells and seaglass to bring in the element of water or even a hand-decorated bowl of water. It would be beneficial if these were shells that you selected one day on your journey to the beach.



- Crystals in the shades of Rose and Green. Some suggested crystals for the Heart chakra are: Rose: Rose Quartz, Rhodochrosite, Rhodonite, Green: Green Aventurine, Peridot, Prehnite
- Flower Lights and/or Garden Candles.
- Wind Chimes.

- Select a Love Goddess.

Once you have selected the area that you would like to grow

your Summer Love Garden. You are all set to begin.

1. Prepare the Ground by enriching the soil if it is necessary. Lay your hands on the earth and say, "Earth to heart like Sun and rain, let love grow and all hearts gain."
2. Locate the Goddess of Love that you have chosen. Find a picture, image or statuette of a love goddess and place this at the back of the cleared ground. Offer her a short prayer. Venus is the traditional goddess of love, but if she doesn't appeal, choose another such as Isis, St. Anne (if you are single and looking for your love, in Catholicism, St. Anne the Mother of the Virgin Mary is the Saint that people look to when looking for a mate) or Aphrodite in Greek Goddess of Love, Kwan Yin, the Goddess of Compassion. Tell your Goddess all that you secretly yearn for in a relationship and ask her to sanctify this part of your garden of love.
3. After cleansing your crystals, place them in the north part of your space and say, "Let love be rooted so it may grow."
4. Hang chimes in the west side of your garden and say "Let love sing out to me with every ring of the bell."
5. Use garden candles or lights to place in the south part and say "Let love act as a beacon that shines out to fill the darkness."
6. Place water element in the east and say, "Let love reflect spirit and flow throughout my beautiful garden."
7. Plant the flowers of your choice. Know that the planting of the flowers will bring the magic of the flower spirits to help play a role in your love garden.
8. Spend Time daily with your love garden. Water it everyday throughout the summer and spend time talking to the spirits of your garden about your hopes, wishes and dreams. If you take care of your garden (your hopes, wishes and dreams), the garden will take care of you (manifesting your hopes, wishes and dreams.)

Some information was taken from Mind, Body and Spirit Monthly Mailers.

**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:** RHODONITE

**Appearance:** Pink or Red, often flecked with black.

**Healing Properties:** Acts as an emotional balancer that nurtures love.  
Stimulates, clears and activates the heart chakra.  
Grounds energy and aids in achieving one's highest potential.  
It is extremely useful in cases of emotional self-destruction, codependency and abuse.  
Treats Emphysema, Inflammation of joints and arthritis, Autoimmune diseases, Stomach Ulcers.

**Position:** Place on the heart for emotional wounds. Place on the skin for external or internal wounds.



Article Continued from page 1.

put me "in the moment" more than I ever imagined I could be. I didn't think it was possible to live so much in the moment, but it is; and it has and is changing me and my life. I no longer allow myself to get lost in the spiritual side of things or the human side of things; rather I am finding the balance and how to live with the integration of the two sides. The imbalance is when we live in the extremes of one way or the other. To live balanced is to live present.

It is about balance—it always has been and it always will be. Once we learn that, we can accomplish and achieve more than we can even imagine.



**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.



Thought Submitted by Dede Krasnow:  
Onion versus Artichoke



Here is a way to look at healing issues in our lives. For years, the term 'Healing is like peeling away the layers of an Onion' was part of my life. It meant you go deeper as you dealt with an issue.

I never liked that analogy because onions always brought tears to my eyes. Also, when you peeled away the layers of the onion and got to the middle, there was nothing left.

Today, my analogy is of another vegetable; an artichoke. It is round and each leaf is smooth with a sharp point, similar to life.

With the stem of the artichoke removed, imaging holding an artichoke in the palm of your hand. See yourself turning the globe of the artichoke, and as you strip away and enjoy each layer of it's leaves, you eventually get to its delicious and delectable heart.

# 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!

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