

The Light Switch



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

Blessings dear ones, This quarter's newsletter is dedicated to you and your beautiful souls! I have taken some articles from my blog to share my experiences with you in hopes that it may bring some light into your world and help you on your journey of self discovery! I'd love to hear your thoughts and comments! In light, April

Relationships: Road Map of Our Soul's Journey By April D'Amato

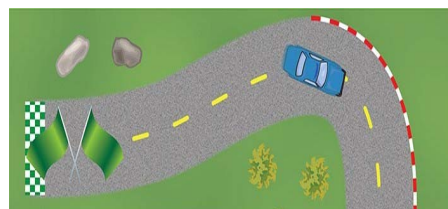
Relationships are the single most important ingredient in a person's life experience. It is impossible to live a life on this planet and not establish relationships with people or animals. A love relationship is the most prominent relationship in our mind whether we are single, married, gay or straight. The love relationship stirs up emotions, lessons and whirlwinds.

I asked my angels why are so many of our lessons tied to relationships and their answer is that every lesson we learn is tied to relationships. Our soul experience enlists other souls on this journey we call life to help us. My favorite book is *The Little Soul and the Sun*; it is a children's parable adapted from the book, *The Conversations with God* written by Neale Donald Walsch. It is probably the most powerful children's book I ever read and quite honestly I think every adult should read it as if it were a manual for their soul. It should be considered one of many training materials for the newly awakened souls on our planet. It provides probably the most beautiful definition as to why our relationships may be what they are for us.

Do you ever experience the same relationships over and over: Same person, same relationship, different face, and different name? That is because the lesson has not yet been learned. We have made pacts with many souls to help us learn on our life path. We have recruited people to come into our life and those pacts can't be undone until we learn what we asked to learn. I remember when I was younger I dated the same guy for several years. I say the same guy, but it was really a different person, different name, but the results were all the same. I had-

n't learned the greatest lesson of all which was to love me above all else.

The greatest lesson of all for each of us is



that of self love and acceptance. It really isn't about who loves us and if we are loved by another; it is about us being loved by us. Each relationship we bring into our lives is meant to show us who we are and to bring out our ability to fall in love with ourselves first.

It is also why relationships do not last forever and are not meant to last forever. We are meant to come together with one another for the time needed to learn what wisdom each of us has to impart to one another this time around. I know fairy tales depict a life where we are supposed to be with that one person forever; but the truth is that we are evolving human beings. What once worked for us may no longer work as we continue to evolve and grow on our journey. When we enter a relationship with another we make an unspoken agreement with one another about the dynamics of the relationship. That is to say that we each come into the relationship with our own baggage and at a place in the relationship that works for us. However, as we all know nothing stays the same and while each of us has a path that we are following we are changing.

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Something to Ponder...

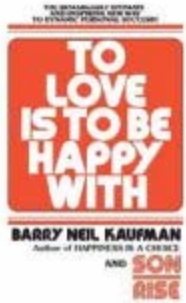
A quote by Alan Cohen....

You can be helping many people, but if you are not helping yourself, you have missed the one person you were born to heal.



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 me. To Love Is To Be Happy With by Barry Neil Kaufman.

This is a wonderful book and look at our belief systems. It is a great way to dis-

cover we are not alone in our fears and our thoughts. It encourages to look at life more differently by examining our beliefs and the truth of them or the lack of truth with them.

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 oth-

ers may benefit from reading it too!

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.

SHARE YOUR BOOKS



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: Diopside.
Appearance: Clear deep green



Healing Properties:

- Improves one's ability to trust!
- Opens the higher intuition and higher mental body level, aids in the ability to honor one's intuition and follow its direction.
- Fosters ability to feel and honor one's real thoughts, emotions and feelings.
- Helps the heart, calms, improves blood circulation, lowers blood pressure and reduces stress.
- It is said to soothe fears on a deep level.

Position: This crystal is best when it is on the body. It is often worn as a necklace or earrings. However, it can be a stone that you can carry. It is best to keep it close to your energy for the healing properties.

Going GREEN Tips

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

Some Quick Green Tips for inside your house:

Backed Up Drains?

Step away from the harsh chemical drain openers. Instead, pour one-fourth cup of baking soda down the drain, add one cup of vinegar and cover for fifteen minutes. Then rinse the drain with boiling water and repeat if necessary. (A plunger may be necessary to help break up serious clogs.) "—rather than lighter fluid.

A Drop in the Bucket goes a long way.

Leave a bucket (with handle) in the shower to fill up with "gray water" while you lather up or to bail out your bath when you've finished soaking. This water is perfect for plants (except for anything you plan to eat), the lawn, or washing your car.

Ratty Old T-shirts?

Stop buying so many paper towels; instead, use old t-shirts to dust, polish and wipe up spills. Then wash and reuse them.

Shining faucets?

Remove hard-water stains by wrapping the base with paper towels soaked in vinegar. Let sit for several hours, then wipe clean.





Relationships Article Cont'd from Page 1



As we change, the dynamics of our relationship change and that is when it is time to look at the original agreement. Often times it no longer fits for both people. We become very attached to that which we know and are comfortable with; this is often why we develop fear about moving forward and resort to staying in a relationship that is not good for us or one that we know we have outgrown. The length of time of a relationship always varies on the individuals involved based on their own spiritual growth; sometimes we learn

lessons a lot quicker than our partner and sometimes we learn our lessons together. This is when decisions need to be made about the relationship. A question we often fail to ask and answer sincerely is: are we both willing to work as much as needed for each of us to grow in this relationship? Sometimes we don't ask because we don't want to know the answer: either we are not willing or our partner is not willing to fully work on themselves in order for this relationship to continue in a healthy way. It takes both people to make it work. And other times, the answer is so clear that what once brought you together is no longer there. Regardless of what the answer is we need to ask ourselves in a very general way what do we want in a relationship and then face your relationship and see if it is what you really desire.

Many times people find themselves in a relationship that they realize is or has been over, yet they have stayed because of the financial stability aspect, they have children together or what others may think of them. The truth is that people stay only because of how they feel about themselves; the other things look acceptable and provide reasonable excuses for them not living their full potential. That is not to say that everyone should bail on a relationship that is hard---a relationship that presents difficulty allows for growth, but a relationship that has long been outlived represents someone stuck. This is when self-honesty and self love must come into play.

Often at the end of a relationship we fail to remember that it simply is okay to move forward and let go. Letting go is scary and I am not trying to minimize it as I have experienced my share

You Are So Beautiful! By April Ann D'Amato

The other night I walked by the mirror and caught a view of myself in it. I did a double take and I said, "wow, you are so beautiful." That was an amazing revelation to me. The interesting thing is that I have for the last several years of my life always said I loved me and I have, but I had never said I was beautiful, but damn it I truly am.

I have always wanted to be the teacher who could and would teach people to fall in love with themselves, and yes I have been doing that; but what could be more amazing than me teaching it while knowing that I am falling in love with me all over again. It was such a wonderful feeling the other night. It was incredible really, I am a little high on all this...who needs to drink or do drugs when you can be so high on simply loving you?

I met someone and I shall call him "L" for now. When I met "L", he forced me to look at me and come to the realization that I am beautiful. You wonder how that is possible? Honestly, I will tell

of fear at the letting go of relationships, but I can promise you that it will be okay. It is always going to be okay. And most of all, we can never go back to where we were before this relationship because we are evolving beings who learn from each experience, and it puts us at the very least one step ahead of where we were before. With time and much healing, we often find our way clear to the next relationship. No matter what, relationships are our road map on our soul's journey; each experience points us in our next direction. I have to admit that sometimes I do need to be reminded every so often while I am in the midst of a relationship that it is something I am drawing to me based on what lessons I chose to learn in this life. Sometimes it seems easier than others. I also tend to go back to a poem I wrote four years ago; it tends to really put my thoughts into perspective at the end of a relationship. I hope it helps you as well. Please see below:

It wasn't until that moment you walked away that I realized how much love means...

Yes, it is easy to think I am talking about love from you, but in that moment, I realized it is all about love for me. If I showed myself half the love I gave to you, I would have had a love with you that would have lasted a lifetime. But in failing to love me fully I failed to let you see your power within.

It wasn't until that moment you walked away that I realized how much you gave to me...

You leaving sparked in me what I already knew—but failed to recognize while I was with you...I already had the peace and love I wanted—I had found it within me. I didn't need you to complete me—I was already complete when I found you—but I failed to see that as enough even more so I sought for you to give it to me.

It wasn't until that moment you walked away that I realized how much I found...

Giving up myself to you, I didn't love me the way I needed to love me. I reconnected who I was within and took back the power I freely gave away. I found that with or without you I am whole, complete and loved.

you, if I was reading this I would be saying to me how is that possible that a man you love and are not with can make you see yourself as beautiful?



Well, I would have to say, "L" was the first man that I loved who looked at me when he met me and said with complete and utter sincerity, "You are so beautiful. You look like an angel". That was four years ago. I knew that night he saw my spirit and I was very comfortable in knowing that my spirit was beautiful. When you are psychic you don't see people the same any longer, you begin to see them as the love that they are, the potential of their growth and the true essence that is their soul so I could easily accept that he saw my spirit and thought it was beautiful. What I didn't always allow me to know is that he saw me---April, physical, in person April with her spirit shining through her physical being. "L" is not and does not proclaim to be a spiritual person; if anything he is the opposite of me so all he could see was the physical April in front of him. I never doubted what he

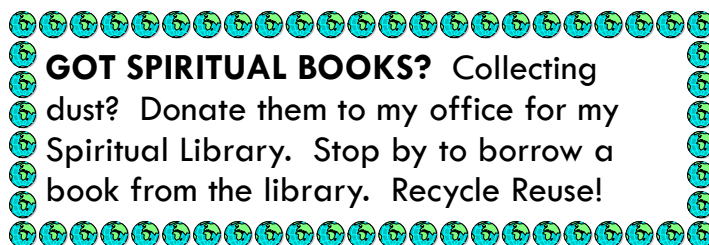
saw in me because he was so clearly speaking his truth in that moment, but I think perhaps I doubted my own beauty. I guess I never considered myself to be beautiful before. Yes, I loved my eyes and thought I had beautiful eyes, but my whole physical being, is it beautiful, was more of the question?

Still riding the high waves from the other night's revelation, I decided to look a little more at me and what it is that I am working on. Fortunately and unfortunately as you will learn, I am always working on me even when I want to run and hide which in the last few months has been quite often I can honestly say. The funny thing is that is what I love so most about me; I don't end up giving up, rather I keep forging ahead to heal me.

I have discovered on this part of the journey I am working on feeling "good enough". I learned a long time ago from my angels and guides that I often get the clearest messages by way of the relationships I have in my life; particularly with men. I think because the men in my life have been so unsure of themselves; I have used that to keep giving me reason to feel like I am not worthy or

good enough. When, in fact, I know that their uncertainty and insecurity is not about me. When you think about it, it is like my own sick rationale for feeling unlovable or unbeautiful? (is that even a word?) Does that make sense?

The other day, I just got through saying to a friend that I wish I knew why people were in my life at the time they are there, but it appears that I end up learning the reason after the fact. I believe that I am there for people as much as I believe they are there for me. This time around I thank "L" for his love and his recognition of my beauty—it may have taken me 4 years to recognize what he did, but without him...I may not have.

 **GOT SPIRITUAL BOOKS?** Collecting dust? Donate them to my office for my Spiritual Library. Stop by to borrow a book from the library. Recycle Reuse!

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Newsletter & Mailing List

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Thank you for your interest!



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

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