

*Judith*ONLEY
Bringing Spirit into Being™



"Energies Coursing Through Your Bodies" Message from "US" (Uni Souls of Heaven and Earth), as given to me to share with you...

"Dearest Beautiful Beings of Light:

Since our last message to you and particularly in the past week or so there has been an intensification of multidimensional energies coursing through your physical bodies (and through your minds). The intensification is highly beneficial to support the 'shift' that we spoke of in [our last message](#) though can be not only uncomfortable but physically painful. Please know Dear Ones that it is okay, that are okay. Your bodies are just adjusting to the increased flow of these higher vibrational energies the different frequencies that they bring to your earth at this time.

Because so much is happening at once energetically, your body's response is to resist as the energy feel foreign and thus sends out messages to fight them. As a result, it is creating joint pain and inflammation, muscle contractions and tension, headaches, heart palpitations, hot flashes, lethargy, your mind and Spirit, and a deep need to be alone. So we encourage you to honour that by creating alone time in your own sacred space whenever possible to allow this most recent recalibration. Your bodies will adjust, and the more you honour and support it, the quicker that will happen. Also know Dear Ones that it is not just happening to YOU. It is happening to all humans, however those of you who have given conscious choice to awaken and evolve are more sensitive to it in some ways because you are fine-tuning your instrument (your mind and body) like a very expensive violin to send out new sonic vibration to your world and to the Universe.

That new sonic vibration is that of 'harmony' and your minds and bodies are in the orchestra pit warming up right now and it feels and sounds discordant. As you continue to warm up and tune your instrument (your mind and body), you will align with your heart energy. Your heart energy is like the conductor that comes in, raises his baton and directs the beautiful symphony, the symphony of your personal life in harmonic concordance with Universal Life. That is quite a beautiful experience that your minds and bodies are preparing for now.

Notice we keep including your mind in our statements. Even though you may be noticing the symptoms in your body extensively right now, you are probably aware of the chaos in your mind as well coming and going... having really clear and empowered thoughts, then all of a sudden shifting to chaotic, almost depressive thoughts and that is all part of the recalibration as well. So just be the witness, be the observer of what is happening with your thoughts (and emotions) without owning them or overly reacting to them as that will allow them to clear with greater ease and efficiency.

As you know from your medical world there is a greater awareness and use of 'light therapy' in he

the body and the mind and that is what is happening on a Cosmic level for all of you and the more that you allow and accept these emanations of high vibrational Light energy to just move through mind and body even though it is uncomfortable and even disorienting, the quicker you will feel the benefits of this most recent recalibration.

All of the influxes of Cosmic energy are to support your body, mind, Spirit and heart to work in harmony with each other to create a joyful experience in your earthly life rather than the pattern of struggle that you have been entrenched in. Know that you have much support from all of your guardian angels and multidimensional beings at this time for this powerful shift, recalibration and integration into your world. You are amazing Beings of Light on an incredible journey in a density-filled world assist in 'lightening it up' at this time... and you are doing it! Give yourself a pat on the back and special treat as the energy of LOVE is in the consciousness of humankind this weekend and allow it to flow to you and through you!"

A Personal Message from me...

As I write this message this morning we are in a 'deep freeze'... -31 degrees Celsius, after having big snow storm come through a few days ago. These are chairs on my front deck... I leave them there to remind me that eventually I will be able to sit out there on a warm summer night to watch the sunset, and not have to stay inside and watch it from my window!!



Having such a 'sensitive' body, I have REALLY felt the discomfort 'US' talked about. I am sure the cold is not helping, though even my friends and colleagues in sunny California where the temperature yesterday was 80 degrees Fahrenheit (+27 degrees Celsius) are also experiencing the physical pain and mind stuff, so that is when we know it is not just



circumstantial or personal! This is truly Cosmic, and it is important to accept that so as not to feel overwhelmed or like there is something wrong with you or what you are, or are not doing in your life. We are all in the same boat here of being upgraded because we have given permission at some level. I thought it was because I am challenging my body right now with extensive snow shoveling, water hauling, and wood carrying that my body hurt so much though "US" says that is actually helping me to move these intense energies through my body, so I am grateful to be here doing this at this point in our evolution to help with the integration.

And I absolutely know, and have proof that we have lots of



multidimensional help (of course, besides my connection to "US")
... see the beautiful Being that is hanging out in my cabin keeping
me company?



So I invite you to join "US" transmitting their beautiful energy in our teleconference on the **8th and 22nd for the year of 2015**. I also have some great workshops coming in at [Jade Wellness Studio](#) in Sault Ste. Marie, Ontario, Canada throughout the winter (see details below).

These gatherings help you to attune to the new vibration and frequencies that are being emitted from the Cosmos
... Ju

Upcoming Events



'DECADE OF LIGHT'

Teleconference Channel (NOTE: New Day)

Sun., **Feb. 22, 2015** 12:00 p.m. EST (9:00 a.m. PST)

\$11.00 [Register Here](#)

"DECADE OF LIGHT"

Teleconference Channel (Note: New Day & Time)

Sun., **March. 8, 2015** 8:00 p.m. EST (5:00 p.m. PST)

\$11.00 [Register Here](#)

... a gathering of like-hearted souls in our bi-monthly anchoring of the "light" within ourselves and our world!

Join Judith and other Lightholders to hear an empowering message and to receive an energy activation from "US" (United Souls of Heaven and Earth), a group of loving, supportive, non-physical spiritual teachers whose purpose for coming forth at this time is just as their name indicates:

"To unite heaven and earth by activating the Divine Essence in all human beings."

Each time we gather in a group, the energy is exponentialized for the individual participants as we do for our world. This truly is how we are creating heaven on earth!

(The **"DECADE OF LIGHT" Telechannel on Feb. 8/15** message was **"Affirming The Expansion of Your Awareness"** and really explained and confirmed what so many of us have been feeling lately. If you would like to order this Mp3 just [Click Here](#)).



HOSTED BY: JADE WELLNESS STUDIO, 705-257-7707
www.jadewellnessstudio.com



"Animal Totems" - Do you know how certain animal energies guide you and support you through your life?"

Saturday, Feb. 21st, 1:00-3:00 pm



"The natural world and the animals within it speak to us everyday: by their appearances, behaviors, movements, and characteristic patterns. When we know what to look for, we can use them as omens - not in a superstitious sense, but in the development of true prophecy and higher perception." (From "Animal Speak" by Ted Andrews). Com and have fun with Judith exploring and understanding what animal energies are influencing your life.

"Spiritual Awakening" - Is that what is happening to me?

Saturday, March 7th, 1:00-3:00 pm

Many people are experiencing all kinds of strange symptoms that the doctors cannot understand. Find out what these are and how they are actually assisting you to be more aware of your own personal growth and exciting possibilities for our times. Judith will assist you to recognize some of these symptoms in your own life, and to understand and manage them for greater growth and awareness in your personal situations.



"Spiritual Awakening" - Transformations in our perceptions of who we are and why we are here?

Saturday, March 21st, 1:00-3:00 pm

"Spirituality" is quickly becoming a household word. What does it mean for you? How is it transforming the beliefs and conditions from all of your conditioning into something that is all encompassing and empowering bringing our world together in Unity. Come and learn how your "conditioning" has been influencing your life and use this awareness to expand your consciousness and empowerment to step into the truth of who you are.



\$44 per workshop, 2 for \$80

Pre-Registration is appreciated. Call JADE WELLNESS STUDIO, 705-257-7700 or visit www.jadewellnessstudio.com

Are you in need of an "energy upgrade"? [Book a Personal Session](#) with Judith and "US" the EVENT SPECIAL of \$80 for 30 minutes, or \$150 for 60 minutes.

(NOTE: Judith will be available in person at Jade Wellness Studio on Wednesday afterno through out the winter months for private sessions.)

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SPECIAL "Spring Equinox"

LIVE CHANNEL & ACTIVATION

with Judith Onley and "US"

Fri., March 20, 2015 7:00-9:00 p.m.

**Hosted by: JADE WELLNESS STUDIO
677 Queen St., Sault Ste. Marie, ON**

**Please [Pre-Register](#) - SEATING IS LIMITED!
\$44 or 2 for \$80**

Contact: info@jadewellnessstudio.com 705-257-7707

Experience your own "Light and energy" with Judith and "US" (United Souls of Heaven a Earth), a group of loving, supportive, non-physical spiritual teachers whose purpose for coming forth at this time is just as their name indicates: "To unite heaven and earth by activating the Divine Essence within all human beings." Hear an empowering message a receive a physical energy activation that will immediately help you:

- * handle emotional ups and downs with greater ease**
- * amplify your energy field allowing you to exude confidence & clarity**
- * raise your vibration and conscious awareness/intuitiveness**
- * anchor light through your physical body to unite Heaven and Earth**
- * feel JOY in all that you engage in throughout the day!**

Please [Pre-Register](#) - SEATING IS LIMITED! \$44 or 2 for \$80

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Feel free to share this newsletter with friends and family. The more who hear it, the greater the er field we create for positive change on the planet!

With much love and gratitude to you all as we embrace this incredible time in our evolution from human beings to Light Beings,

Judith

Judith Onley
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What is Channeling?

Channeling is a gateway between the physical and non-physical realms facilitated through a human being who is willing to speak the words for all to benefit from the teachings and wisdom of the higher realms of enlightenment. a blending of these energies for the betterment of humankind through awareness and empowerment.

[Forward email](#)



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