



Awakening Your Inner Healer  
Newsletter # 17 - December 2010

**John of God on Oprah  
Free Crystal Light Therapy ®  
Bohareng  
Your Child's Soul Frequency  
World Peace Meditation**

Dear Friends,

November has been another heart-warming month, the reflection morning at Bohareng was an inspiring experience for all, this is the feedback I received: *"Thank you so much Christine, for sharing your story and being an encouragement to all of us to follow our intuition and know our own healing power."* Thank you dear Ann and Rosella for welcoming me and to you Melody for organising.

Our get together / Picnic at Lynette and Michael was another wonderful gentle day of sharing and healing thank you both for making your beautiful place available to all.

This is the last newsletter for 2010, I thank each of you for your support during the year and the opportunity to share my passion for healing with you. I am grateful for your feedback and your presence in my life; without YOU there would be no Touch The Soul.

I wish you and your families a peaceful holiday season blessed by the loving energy of Reiki.

With love and gratitude  
Christine ☺

P.S. I have posted an article on Facebook about the looming Acid Mine Drainage disaster in South Africa, please read and pledge your support in anyway you can. Water is sacred and our survival depends on it!  
<http://www.facebook.com/?ref=home#!/notes/christine-lenferna/film-proposal-the-cost-of-gold-/169184259782542>

## **Oprah on John of God**

Susan Casey chief editor of Oprah magazine visited John of God and wrote an article **"Leap of Faith"** in which she relates her personal experience.

*"In a remote corner of Brazil, the man known as John of God is changing people's lives in astonishing ways. Can belief cure illness? Can energy heal? Susan Casey took the journey to find out."* read the full article on "O" Magazine:  
<http://www.oprah.com/spirit/Spiritual-Healer-John-of-God-Susan-Casey>.

Oprah featured John of God in her show and interviewed people who had been to the Casa. Watch the Oprah "John of God Show":  
<http://www.wisevid.com/play?v=1AbzJJ5zfuc2>

## Free Crystal Light Therapy®

**Christmas** is a time for giving. This year Touch The Soul gives away **Free** Crystal Light Therapy® sessions on Thursday 16<sup>th</sup> of December  
From 9am to 5pm.

We have been having positive feedback from the sessions under the lights, many subtle shifts and some not so subtle.  
If you are around on the 16<sup>th</sup> and would like to take advantage of this gift, call 083 334 6509 to book your place as space is limited.

Crystal Light Therapy© is one of the therapies prescribed at the Casa Dom Inacio in Brazil the spiritual hospital of John of God. More information is available on  
[www.touchthesoul.org](http://www.touchthesoul.org)



**Gift vouchers are available from Touch the Soul for: Reiki sessions / Crystal Light Therapy® / Reiki courses.**

## Bohareng

Bohareng Integrated Spirituality Centre's vision is "to create a space where we consciously nurture the movement towards holistic, sustainable, communitarian living by a process of mutual transformation towards greater feminine consciousness."

"Bohareng's journey is about our human journey towards wholeness, harmony and balance" Bohareng holds a monthly morning of reflection and prayer on the 4<sup>th</sup> Saturday of every month except January, December and August.

Bohareng also offers retreats form 2 to 8 days long, Spiritual Accompaniment Sessions, Quantum Touch Sessions, Emotion Code Sessions, Workshops etc...

Bohareng is situated at 11 Barossa Street Kensington. Email: [info@bohareng.co.za](mailto:info@bohareng.co.za)  
Website: [www.bohareng.co.za](http://www.bohareng.co.za)

## Your Child's Soul Frequency

Last month I attended an insightful talk "Children of the new earth" by Michelle Cremer - Psychic healer, mentor, author and New frequency Children specialist. Below is an excerpt on the notes from the talk.

*"Understanding your child as a parent is a challenging task, but understanding your child in this day and age is another challenge all together. There is a trend in the home, as well as in the classroom where current systems are not working for the children of today. We find them resisting, rebelling and at times transcending the information before them because their minds are too advanced and their souls are simply too wise. This can be accounted to the fact that our earth is going through a transformation so it is only natural that we as human beings are transforming as well. This transformation is taking place within our perception of this world, of others and most importantly of ourselves. The children of our new earth are here with this understanding from birth, making them deeply instrumental in this shift.*

*What I am here to assist you with is to help you understand who your child is on a soul level, and how to identify their frequency. As a parent I know that raising these children may at times seem like a daunting task and you may feel wholly inadequate for it :) There is very little reading material out there to support your role because these children who are being born in this time are unlike anything we as society have dealt with before. Their challenges are new, their needs are unique and for the most part we are working with trial and error to best serve them on their journeys. Its important to remember that, although your child holds a higher frequency of energy and are more wise then most 50 year olds, they are at this point in their lives still children. So a fine balance of mutual respect, insight, acceptance and boundaries need to be set. Be confident in saying no to your child if you feel that their request will not serve their highest good. Boundaries are essential.*

*It is quite like walking the line on a trapeze rope. We know that a wrong step either way could result in a fall. Trust yourself! Know that children chose their parents with great intent so your child knows that you are qualified for the task, even if you don't feel it. Having a spiritual purpose in this world has become a natural focus for us- if your child requires you to shift on a soul level to better parent them then allow it because there are blessings not only for them, but for you as well in the process..."*

Michelle's contact details - email address: [michelle@spiritjunction.co.za](mailto:michelle@spiritjunction.co.za) Website: [www.michellecremer.com](http://www.michellecremer.com)

## World Peace Card Meditation

Wednesday, December 15, 7:30pm  
(Based on local time in your time zone)

You are invited to take part in the next World Peace Card Meditation. Please mark your calendar and forward this email to all your friends.

A World Peace Card group meditation has been scheduled for Wednesday, December 15 at 7:30pm. This is local time in your time zone. This method has been chosen because of the special effect it produces. As people meditate in each successive time zone the energy builds like a wave, which gets stronger and stronger

as it circles the planet. Because of the higher dimensional nature of consciousness, the energy of peace will be transmitted for a full 24 hours and continue long after this. For more information and World Peace Card Download go to:  
<http://www.reiki.org/WPCM.html>

Thank you for allowing me to share with you, you may unsubscribe to this newsletter at anytime by replying to this email with the word remove in the subject line. Please pass it on to anyone you feel may be interested and benefit.

Namaste

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