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€4.20 / £3.10

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ISSN: 2009-8146



ISSUE 13. June/July/Aug 2017

Following the Golden Thread

By Amanda Collins



The golden thread is a representation of your intuition. When you follow that golden thread, it allows you to be on your path. Ultimately, it is a home within yourself. The universe has a plan. It isn't always the plan that we think we need or want. The golden thread will remind you what is important. When you are connected to your intuition, you'll feel better in your body. There is a sense of peace and softness in the body. There is a trust that you are in touch with your guidance system. When you ignore your intuition, you feel tight in your body. You may notice a need to control things and turn to others for answers. You may feel a tightness in your stomach, heart, and experience nausea. The body speaks to us, at first a whisper, and then a loud yell if its guidance is ignored. When you notice you feel this way, take a deep breath. Pause. Consider what you are feeling.

Ways we disconnect:

1. Holding onto pain and hurt from childhood.

Let go of any old stories of being the victim. Even though that may have happened to you as a child, you don't have to carry it any longer. When we are attached to that pain, it's harder to come from our heart. Release old beliefs about yourself.

2. Not forgiving yourself or others

Start a forgiveness ritual. Every night before you go to sleep, offer forgiveness, be it to yourself or somebody who may have hurt you. Then get to the stage where you offer love, acceptance, and understanding.

3. Self-harm/numbing

Things such as over-eating, over-working, or any of these addictive behaviors. Choose the addiction of meditation, breath, or being out in nature instead. You will know that you're not connected to your higher self when you're always asking for advice, approval, and not looking inside of yourself.

4. Staying busy

There are many things to tend to such as a family, job, taking care of our homes, friends, working out, self-care, etc. However, quiet time needs to be a priority in order to hear that inner voice. Lack of self-care is a way that we block connection with ourselves.

Stay Connected:

1. Seeing things from a bird's eye view

Look from a bird's eye view as your higher self looking down on the situation. Remove yourself from the emotion of it, rise above and see it for what it really is. When there is a situation that is challenging to see clearly, take space and practice this technique. Be really honest with yourself.

2. Meditate daily

Find what your peaceful activity is and dedicate at least 10 minutes a day to doing it. If you want to go deeper into your higher self, it's important to come into stillness. This can be through lighting a candle, painting, or spending time in nature.

3. Regularly check in with yourself

Check in with yourself. We are so quick to say 'yes' to things. If you are one of those people who are always quick to say yes, try something else. For every decision, even if it seems small, ground and check in. Take time to get back to people's requests. Sit with it rather than rushing around in a state of busyness. The more that you check in and listen to your inner voice, the more natural this will become. Start listening and acting on small messages. It may feel weird at first. Every time you follow that small message, it will lead to the next message. All of a sudden, you are following that golden thread of your intuition. When the decisions get really big and you have fear around it, take even longer. Go deeper into yourself, meditate, and journal. Journaling is allowing your hand to be a secretary straight through your higher self. Allow it to flow. Allow the tears or whatever wants to move through you, move. If you are in fear, journal about what the fear is. Journal about the worst and best case scenario. This can also come through the form of song writing or drawing. Connect and the answers will always be there.

4. Have a dream journal by your bed.

Before you go to sleep, ask for guidance on whatever you're seeking guidance on. Allow that to come through. When you wake up, write that dream down.

5. The Body Talks

Listen to your body when you make decisions. Notice if you feel a tightness in your chest, shoulders, or gut. There is a reason why it is called our 'gut instinct.' Do you ever notice when you meet somebody and even though they are all smiles, you round over your shoulders? Even if they are smiling at you, you know that maybe it's not the highest vibration that is being exchanged. Do not ignore that or second guess yourself. There are so many ways that spirit connects with us and give us messages. You have to choose to be open. If you just keep hearing the same message from different people, notice. Notice the numbers you see and animals you see. That's a way for your higher guidance to be able to reach you. Your intuition will start off very quietly. The more you listen, the louder and more powerful it becomes.

Give that gift to yourself.
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