

# SERENITY NEWS

ISSUE # 46, February 2013 to April 2013

## Welcome

FROM DIANE

Last year seemed to be very fast flowing and this year promises to be the same as Serione' indicates in this newsletter.

It is such a benefit to give ourselves the time to just be, have fun, enjoy what life offers, and appreciate what we have and what we have been through. To decide what is important to each of us personally so that we can build a foundation of strength and clarity regarding our lives and what we want in it. The greatest gift we can give ourselves and others is to build a deeper connection with our Spiritual side and not get caught up in the inconsistencies of the world around us. When we are grounded and connected clarity becomes a way of life instead of vacillating like a kite in the wind unconsciously picking up whatever comes our way. With this clarity it gives us more awareness of what we are choosing to participate in and the consequences, if any associated to it

A Spiritual connection is a process like anything else. When you are learning to ride a bike you fall off until you learn balance. You can feel the bike tipping so you correct and sometimes overcorrect until you get it. This is no different. This type of connection is felt to the core of who you are. It is not a thought and it is not book read. It is having faith and believing in self. It is personal to everyone and each person has their own way of getting to that space.

My personal journey was one of learning detachment, patience and allowing vulnerability. That consisted of letting go of control, learning how to truly feel and trust, and walk in faith. I remember when my ex mother-in-law said, "Honey, you just have to have faith". I could not even conceive of what that

word meant at that time. In my case every experience I had taught me a little bit about faith and how it worked in my life. To me it was a growing concept that faith was not logical. My mind would analyze each part of the weird experiences that I had which defied explanation. I have learned that there are many different ways that this energy (God, Spirit, etc) assists me in my life and that I am always taken care of from the simplest things to the most complicated. There is an awesome feeling that accompanies letting go of control; it's unnerving at first and then a sense of fulfillment and peace takes over. *We're definitely not alone in life or death.*

Jeffrey and I wish you a peaceful, abundant, & prosperous year,

*Diane*



We are each of us angels with only one wing, and we can only fly by embracing one another.

~Lucretius

# WITH LOVE, FROM SERIONE

(Channeled by Diane)

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You must be the change you  
wish to see in the world.  
~Mahatma Gandhi

Your planet's transformation is culminating vigorously and manifestations are occurring more frequently. Pay attention to what you choose to focus on as you are a direct magnet for its inclusion. What sits before you is what resides within you as your belief system dictates the outcome.

As the earth increases her vibration your experiences and physical bodies indicate what ails you emotionally and mentally. That which is not being acknowledged, dealt with and released will intensify until action is pursued and balance attained. As the earth shakes off the heaviness of her slumber your participation in doing similar benefits the whole. Through each cycle of this growth, disruption is part of the process. As the light enters the dark so to speak it causes what we call resistance. This resistance must come into a balanced stasis for continued progress. You are witnessing this within the earth's atmospheric variations and the behavior of the people.

Bacterial viruses are a species of instability and are consistently changing cellular structure. It is important to keep your immune system healthy as complex strains are surfacing with the potential to become epidemics. Immune systems are compromised by stress, environmental factors, sleep deprivation and consumption. To build and maintain your immunity requires a diligence to recognize which of these components affect your health and well being followed by modified behavior to lessen the repercussions.

*We Wish You Peace of Mind  
And Graceful Culminations  
Serione'*

We are shaped by our thoughts; we become what we think. When the mind is pure, joy follows like a shadow that never leaves.  
~Buddha

If you are reading the black and white mailer version of this newsletter, the color version is available at our website at:  
[www.serenitynews.com](http://www.serenitynews.com)  
There you will find the link to this newsletter, newsletter archives and to Diane's webpage.

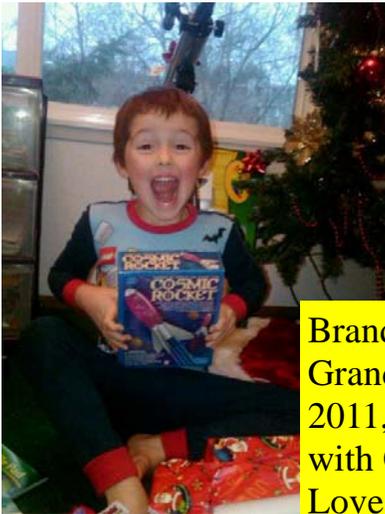
# Jeffrey's 2 cents...



Austyn and Conner, brotherly love.



Parker, undiluted love potential.



Brandon, New Grandson in 2011, Raised with Copious Love.



Diane's boy Tucker, Loves his daddy too. Unconditional Love.



All major religious traditions carry basically the same message, that is love, compassion and forgiveness... the important thing is they should be part of our daily lives.  
~Dalai Lama

My heart has opened unto every form: it is a pasture for gazelles, a cloister for Christian monks, a temple for idols, the Ka'ba of the pilgrim, the tables of the Torah and the book of Qur'an.  
I practice the religion of Love;  
in whatsoever directions its caravans advance, the religion of Love shall be my religion and my faith.  
~Muhyi 'd-Din ibn 'Arabi (d.1240)

Love is patient, love is kind.  
It does not envy, it does not boast, it is not proud.  
It does not dishonor others, it is not self-seeking,  
it is not easily angered, it keeps no record of wrongs.  
Love does not delight in evil but rejoices with the truth.  
It always protects, always trusts, always hopes, always perseveres.  
I Corinthians 13:4-7

All together now!  
All you need is Love!



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PLACE  
STAMP  
HERE



“What matters is to live in the present, live now,  
for every moment is now. It is your thoughts and acts of the moment  
that create your future. The outline of your future path already exists,  
for you created its pattern by your past.”

~Sai Baba