

SERENITY NEWS

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Welcome

FROM DIANE

When Jeffrey and I first began our adventure on this spiritual path we sold or gave away nearly everything we owned in 1998 except for our travel trailer and essentials and traveled across country. We went from Washington State to North Carolina all because of a dream.

I dreamed that I was convincing Jeffrey to move to North Carolina and we were asked to have faith. Did we truly understand what faith meant at the time NO!!! What we did know was that we were ready for some type of change so Jeffrey left his career and away we went.

Our family and friends were either worried or extremely excited for us. From a logical point of view, this move was completely absurd; Jeffrey left a very secure job of 11 years. We were not worried about being homeless because we had a trailer, but it was the unknowns of everything else. My business had not taken off at that point and I was not sure where it was going or if it was going.

Serione' talks about planetary growth cycles and I believe we also have our own growth cycles. When we are stagnant we are asked to stretch beyond our comfort zones. I learned that when we follow our hearts even though there is no clear direction, but there is a "driven state" we were **always** taken care of. We had to step out of what other people thought was best for us,

move through our own doubt and go against the logically safe thing to do.

Could I honestly tell you how we made it financially, NO because it does not make sense looking back any more than it does today. The only word I can give you is **FAITH**, which defies logic.

You cannot control it, it is just there if you let go and allow you will experience the flow of life. Are you still going to have fear; YES, as long as we have a mind fear will be present. But, it gets less when you listen to the voice in your heart. We do not know what life will present to us but we do know what faith is now. We will continue to live out the rest of our lives appreciating every experience that we have been honored with and knowing that we are being carried.

We wish you Faith, Peace and Love,

Diane

**Faith is the bird that feels the light
when the dawn is still dark.**



~Rabindranath Tagore

WITH LOVE, FROM SERIONE

(Channeled by Diane)

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Within the chaos and confusion of planetary growth cycles many feel as if everything that they have ever known is seeping into the abyss. It is with a lack of clear direction and certainty that simulates the twirling of a tornado increasing its velocity and affecting everything in its path. Will you be a victim in its wake, a spectator from the sidelines or a direct participant?

Some are more than willing to give over their power to what they deem to be an authority or savior. Others withdraw and turn away in denial of what they see before them. Both are related to fears associated to what they perceive as a less than favorable outcome.

Humanity is in a crucial conflict with itself in which freedom is the sacrificial lamb. Who among you are willing to stand in their own foundation of moral strength, with a voice of reason void of condemnation, and sow the seeds of sovereignty and solidarity? The intent of your action or non-action will monopolize your future and we recommend full awareness for the reasons behind your decisions. Your future is determined by the majority not the few.

*We Wish You to Simply Be Aware and Live
By the Purity of Your Heart,
Serione*

In order to carry a positive action we must develop here a positive vision.

Dalai Lama

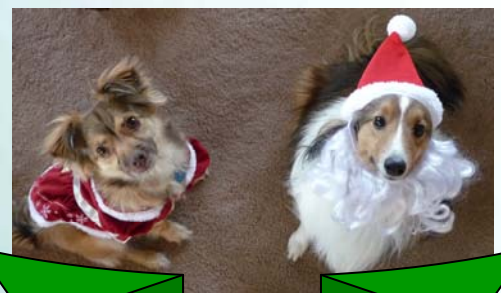
Holiday Special:

(November and December Only)

Purchase a package of 4 sessions of any length (you can mix & match) and receive a 20% discount.

Sessions are valid for 1 year from the date of purchase.

Give as a gift or use for yourself



**MERRY
CHRISTMAS &
A HAPPY
NEW YEAR**

My 2 Cents

By Jeffrey Phillips



Those who have read this newsletter in the past know that I try to fill this last page with something light or funny. But I really didn't feel very witty as of this writing, and trying to project all the coming Holidays onto this page seemed trite. I was in fact struggling with what to put here, when it occurred to me, how blessed my life is and how small my troubles are. I need only look around at the beauty that surrounds me every day. For example All of these pictures were taken within the last week, except the hawk, whom we shot a few weeks ago. The bull elk was in our yard this morning. His harem was in the meadow across the road.



So, what I am feeling right now is grateful so I thought I would share that. After all, gratitude is the theme of our next Holiday and I have a lot to be thankful for in my life. This home is great, but it's really about all of our kids, and grandkids and friends.

Like Diane said in her welcome, we defied logic with a leap of faith. I left a good career so that we could follow a literal dream that required we follow our hearts despite our rational thoughts and fears. But, in doing so we have been rewarded for our faith with a life well lived.

Since leaving Washington, we have lived in and strolled through Duke Forest, and the Shasta Trinity National Forest. We've enjoyed sunrises over the Atlantic and sunsets over the Pacific. The sunrise below was 3 days ago, when I was preparing to go out to Edwards AFB, for my once a week trip to the office. The contrail, of a plane from Edwards, reminded me of the providence that landed me here with the perfect job. But again its about the friends and connections we have made along the way.

My favorite picture on this page is the last, taken just hours before this writing. It is November 9th, and a pleasant day, with blue skies, elk in the meadow and a warm 72 degrees. But, of all the beauty I have enjoyed today it is that one perfect rose that sums it all up, because without my Rose, to share this life with, my life would not have been fully lived. So while I am not a great fan of Nietzsche perhaps there is truth in his saying that "we love life not because we are used to living but used to loving".

So this Holiday season I wish you all, Peace and Prosperity, but above all, Love. After all what are Holidays without friends, family and even strangers,. To all of them and all of you, let's practice love.

Jeffrey



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PLACE
STAMP
HERE



God, give me grace to accept with serenity
the things that cannot be changed,
Courage to change the things
which should be changed,
and the Wisdom to distinguish
the one from the other.

~Reinhold Niebuhr