

# SERENITY NEWS

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## Welcome

FROM DIANE

It seems that this year is a year of play for me.

Our son Richard came over for a week in April and we went to Disneyland and Medieval Times Dinner show in Anaheim CA. If you ever get the opportunity to attend the dinner show it really is magical. We are proud of the wise, compassionate man that you have become Richard. Thank-you for taking the time to come and see us and leave us with lasting impressions!!!

I just recently came back from New York State; I had not been back there for 34 years. I spent a week getting to know my Mom's side of the family and was blown away with how much alike we really are even though we were not raised together... must be the DNA huh? This trip was so heartfelt and such a blessing in more ways than I could have ever imagined. The laughter, the play, the sharing of experiences filled my heart, and those moments will always be a part of me. I have a very special family that I am truly thankful for and it will not be that long before visiting again. Thank-you to my family for the invite and the love that you all shared!!!

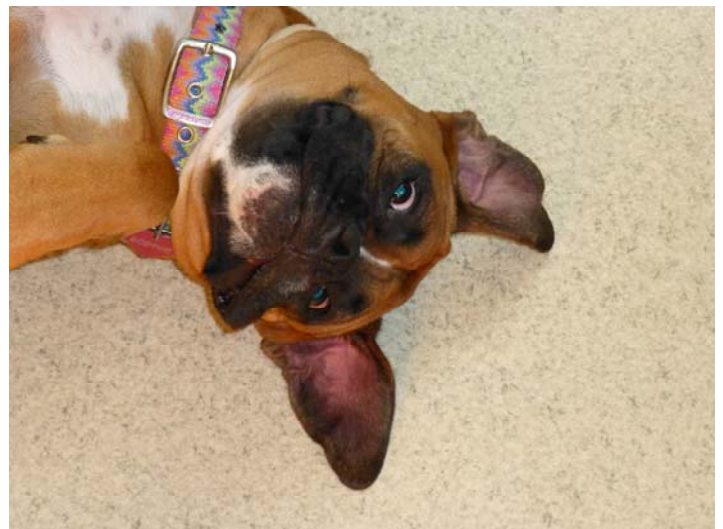
In July, we will be taking a couple of weeks to attend my brother Roger's wedding and meet his bride to be Kelly, in Montana. We are really looking forward to this road trip and it will be the first time I have been to Roger's home since he has lived there. My Uncle Ted (on my Dad's side) and his family will attend and I have not seen him for 34

years as well. There will be friends that I know and new ones that I look forward to meeting. We will be there soon Roger and Kelly...So Looking Forward To Your Special Day!!!

This year so far has been about catching up, honoring our lives and making new memories. I couldn't ask for anything more and feel very blessed for these opportunities.

Jeffrey and I wish you a fun-filled summer with heartfelt memories,

*Diane*



Diane's new, NY BFF (Best Furry Friend) Sophie.

Never, ever underestimate the  
Importance of having fun.  
~Randy Pausch

Cherish your human connections -  
your relationships with  
friends and family.  
~Barbara Bush

# WITH LOVE, FROM SERIONE

(Channeled by Diane)

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Manifesting the heart's desire requires observation of your belief system with the innocence of the eyes of a child.

Acknowledging fear based issues with steps of corrective action is the beginning process in order to transform deep seeded beliefs. Your analytical mind and its control will always lead you into what it perceives as safe, secure and familiar until such time that it releases the restrictions of a guarded perception. The mind only knows what it has been trained through life experiences which were labeled according to its impression. What sits before you is a direct relation to what resides within you.

The mind can be tempered with the awareness and actions to subdue its bloviating. When you fear, run-a-way from, use excuses, justify, etc, you are creating self sabotage. True fear (harm based) does not justify, explain and defend an action, it just is. Inner peace can only be dealt with through facing your own behaviors by evaluating the perceptions behind each action that you take.

Observing with the innocence of a child is also another way of saying lighten up. Through this medium you receive clarity. When you are consistently present in the moment, as a child is in play, every aspect of your being and life receive the benefits of a healthy state. In this flowing vibration manifestations occur effortlessly. Experiences offering positive reward frees your mind of its own self delusions to a life lived in faith rather than struggle.

*We Wish You Success on Your Path of Enlightenment ,  
Serione`*

If the doors of perception were  
cleansed everything would appear  
to man as it is, infinite.

~William Blake

Our subconscious minds have no  
sense of humor, play no jokes and  
cannot tell the difference between  
reality and an imagined thought or  
image. What we continually think  
about eventually will manifest in our  
lives.

~Robert Collier

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# My 2 Cents

By Jeffrey Phillips

One thing's certain kids, it's gonna be hot, so here's some summertime tips for keeping it cool and safe.



Before hitting the pool or lake get swimming lessons for the kids...

And remember that sprinklers and spray parks are also fun ways to keep cool.



Chill in the shade when you can, and when you can't...

cover-up with light layered clothing and use sun-screen.



Drink lots of water, and if you are sweating a bunch, then sports drinks that replenish electrolytes can be a good choice. So be



prepared to beat the heat, and have a safe and fun summer. Make happy memories, and enjoy life! Cheers!

## ALCOHOL WARNING!

OK, not to get all preachy, cause I love me a good Margarita on a hot day (or a cold one) but sweet drinks like sodas or alcoholic drinks like cold beer can dehydrate you and may impair that good judgment... You could even say booze can make you Squirrely.



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“Our minds influence the key activity of the brain, which then influences everything; perception, cognition, thoughts and feelings, personal relationships; they're all a projection of you.”

~Deepak Chopra