



ISSUE # 53, Nov 2014 - Jan 2015



Welcome

FROM DIANE

I did not have a clue as to what I was going to write in this newsletter until I woke up this morning remembering the incident that happened last week.

I was sitting at my computer sending out the recordings for the day and a baby quail hit my window pretty hard. He sat on the windowsill dazed with shallow breathing for about 15 minutes until he became more coherent. The last 5 minutes were one of wonder with a baby's curiosity as he looked in my window focusing on everything that he could see. He also glanced at me with that same curiosity and had absolutely no fear although we were only a foot away from each other. Quails generally always stay together and it was very unusual that this little one was alone. We are very blessed to live where we can witness the behaviors of the wild life that surround us.

Upon awakening I understood the message I was being asked to share. This quail represents what we experience on a daily basis when we are not paying attention to what goes on around us or inside of us. We are choosing avoidance and denial over action and acceptance. Every outcome is created from a decision that we have made consciously or unconsciously that has an immediate effect or sets the stage

for our future experiences. Our manifestations are accelerating such that practicing avoidance means that our lessons will become more intense in order to force us out of our comfort zones.

Because of evolution many who choose to stagnate will have difficulty remaining in the new paradigm (as Serione' calls it). Many will experience accidents, illnesses, emotional pain over and over again and in some cases they will simply be done and transition on.

Our little quail has given us a true message of enlightenment. By living in the moment we obtain clarity, with any situation that we may find ourselves in, and the awareness required for a quick response, for the best possible outcome.

On the lighter side...Jeffrey and I wish you a wonderful Thanksgiving and a blessed Christmas with fond memories that will last you a lifetime.

Lots of Love, Diane



There are thousands of Shelter Animals who would love to play dress up with you. Consider the gift of life for a shelter Pet and years of love for your family. Adopt.

WITH LOVE, FROM SERIONE

(Channeled by Diane)

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As we have indicated in previous writings, your planet is going through major shifts in its evolution, which has an effect on all of its inhabitants. As your world evolves and throws off the old and continues blending with the new paradigm, so must you. The feeling of discomfort is a part of the process, as the physical bodies adjust to the energies of the present, and the analytical mind attempts to keep up with diversity. The acceleration of this transformation will overwhelm many who prefer complacency over adaptability hence the chaotic behaviors. You will also witness an abundant amount of controlling factions escalate due to perceived powerlessness. For a healthy balance it requires awareness, acceptance and adaptability. Find the contentment within self for grounding into an unwavering foundation.

During this transformational period your bodies will require nurturing and when they require rest give them rest. Gentle internal cleansing is recommended due to environmental disturbances and continued use of probiotics for healthy immunity. Central nervous systems are taxed and require supplementation. As your physical vehicle speaks listen and it will provide you longevity of health.

We will reiterate that your manifestations are a direct response to what resides within and the energy that you put out will be mirrored back to you in many forms. To acknowledge and respond with choices that validate your life will offer ample and effortless opportunities. Be willing to see your part in what you create. Introspection is the key for changing unfavorable outcomes.

*We Wish You Peace during This Wondrous Transformation ,
Serione`*

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Holiday Special (November and December Only):

Purchase a package of 4 sessions of any length (mix and match) to receive a 15% discount. Sessions must be used by 12/31/15:

15 minutes for \$29.75

30 minutes for \$59.50

45 minutes for \$89.25

60 minutes for \$119.00

Give as a gift or use for yourself

My 2 Cents

By Jeffrey Phillips

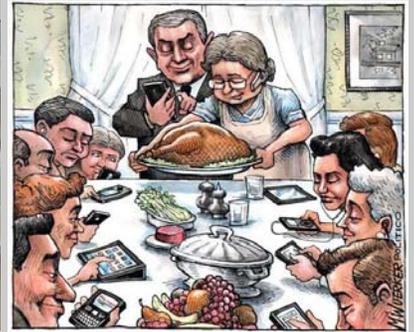
Well my friends, the Thanksgiving Day is nearly upon us and with it the beginning of the Holiday season. However you celebrate, this day: turkey, tofurky, or fish and chips, with friends, family, strangers, or alone; we wish you the best, and that you make the best, of every day...



Oh, and may your Thanksgiving dinner look more like this...



Than this.



And because I am so busy this year, here are some festive MEMES to add to the Holiday Spirit. Happy Holidays Everyone!



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"Another fresh new year is here . . .
Another year to live!
To banish worry, doubt, and fear,
To love and laugh and give!

This bright new year is given me
To live each day with zest . . .
To daily grow and try to be
My highest and my best!

I have the opportunity
Once more to right some wrongs,
To pray for peace, to plant a tree,
And sing more joyful songs!"

~William Arthur Ward