



The Clairgnostic

SHEALY International Monthly Newsletter

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This month of December we at SHEALY International™ are (like) little elves nurturing all of the life forces surrounding us. Be with us in our efforts. Breathe in the vitality of breath. Allow your consciousness to speak from within your body and know that you are never alone. We are here with you and will reach out to you each month with healing, uplifting, insightful and sometimes even funny gifts.

Sending you holistic, sparkling and intuitive blessings,

Shealy

Thought for the month from Ruth...



What the heck does CLAIRGNOSTIC mean???



I am assuming that many of you are not familiar with the term “**Clairgnostic**” a word that we not only believe defines members of SHEALY International™...but is an important word in defining ones relationship to God, Spirit or Higher Power. SHEALY™ and I spent the better part of our November 16th radio show discussing just this word...and what it actually means.

So...here goes...

A **Clairgnostic** is one who has experienced the state of **Clairgnosis**. The origins’ of the word come from the root words *clairvoyant* and *Gnostic*.

Clairgnosis is the condition of “Enlightenment” realized from intuitive modalities. The term, coined in 1999 by SHEALY™, is now often used within the fields of energy medicine, psycho-energetic healing and other intuitive modalities of spiritual and intuitive enlightenment. **Clairgnosis is a clear knowing of God, Spirit or Higher Power through intuitive experience.** In simpler terms, **Clairgnosis** is belief in God, Spirit or Higher Power because one has experienced it in an intuitive manner rather than because one has been taught or conditioned to believe.

A **Clairgnostic** state can be achieved through a vibration-enhanced form of energy medicine created by SHEALY™ called Kina Nima™. Kina Nima™ is a self-transformational system of consciousness exploration that combines breathing, sequential movements, meditation and tonal vibrations proven to bring participants the experience of **Clairgnosis** by aligning conscious mind energy with conscious body energy.

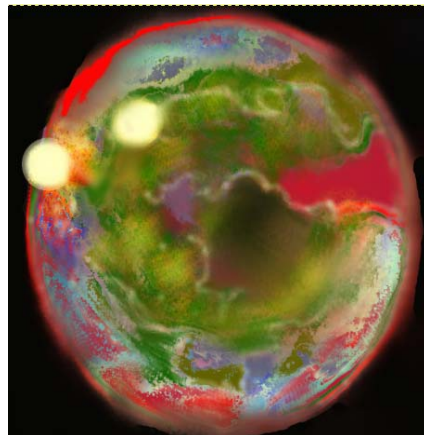
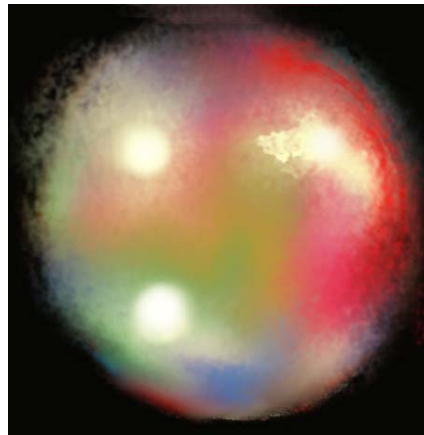
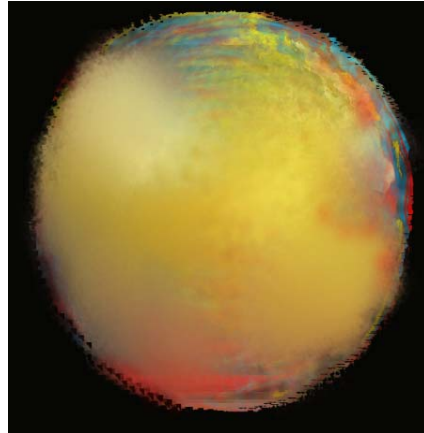
Michael Jackson

~For this month, SHEALY™ has channeled original artwork depicting Michael Jackson's auras from both 1972 and 2009!

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"Within each of our lives a physical reality lives among the spiritual light that is our gift."

Michael Jackson gleamed a bright golden aura by 1972, one year before the start of his solo career. By 1982, that golden aura developed further allowing an entire rainbow of colors to emerge amongst the gold. All the best of Michael's talents were presenting themselves. Michael's life looked to be a success. But, the intuitive eye could see that within the 1982 aura was a prediction of later pain-similar in intensity as the earlier pains of Michael's childhood. The once intense aura began to soften as if growing unsteady and even blurry at times. Circumstances of hardship were a pattern in Michael's life. As years passed, a reclusive and dark center appeared among the beautiful reds and greens of Michael's aura. However, a spiritual light had begun to present itself as well, both within Michael and his aura. These angelic lights were the early signs of Michael turning toward the world of spirit and experiencing an early death. Today, The light that fought to be seen in the life of Michael Jackson turned toward Michael and took him away from his physical world. Michael's death is a lesson of compassion to mankind. His aura states "Within each of our lives a physical reality lives among the spiritual light that is our gift."

~SHEALY™

SHEALY™ CUSTOM AURA DRAWING with Personalized Analysis

available on our website www.shealyinternational.com



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Just prepay the reading...providing the name and email address of the recipient.

SHEALY's pick for ***Story of the Month...***

How Can You Make Your Life Beautiful?

By [ripplemaker](#)

Do you want to make your life beautiful? The simplest question seems to be the most difficult to answer. But the most difficult questions have the simplest answers. Here are five things that I would like to share on how you can make your life beautiful.

You can make your life beautiful by taking great delight in discovering the wonder of each moment.

Little kids teach me best the lesson on delight, wonder and amazement. Toppling building blocks and making funny noises like “boink” or “toink” can send them into fits of giggles.

I've learned to appreciate our deep conversations too. “I have new sandals” one three-year-old girl would say as she pulled the sleeves of my blouse. “My shoes are blue,” another boy would pipe up. “Wow!” I'd say stopping long enough to look at their shoes. I'd then observe little things so I could continue the conversation. “I see a flower in your sandals. Did your mommy buy these for you?” or “There are lights in your rubber shoes. Wow! Can you walk so I can see the lights blink?”

Very deep huh? Ha...ha...ha. If one is still able to truly say ‘wow’ over a flower on a tiny sandal or be amused at rubber shoes with blinking lights, I bet you would be able to say ‘wow’ on most things in life.

You can make your life beautiful by enjoying the simple things.

Munching peanuts or gobbling up pepperoni pizza and mojos with a dear friend is already something that I enjoy. Homemade sandwiches with fresh juice somehow taste better in between shared conversations. I had to chuckle at myself. I find that eating and conversation is on my top 5 of simple things that I enjoy in life.

What are the inexpensive and simple things you enjoy the most? Do them over and over and you will find that there are many ordinary things that make life beautiful.

You can make your life beautiful by seeing the blessing in every situation.

When I was still a college student, a severe typhoon hit our city and for a month we didn't have any water or electricity. When it rained, we hurriedly brought outside the few pails we owned to store the rainwater. I remember that incident vividly because mom allowed us to take a shower in the rain. She would never ever give us permission to do that in ordinary circumstances. But this was a crisis situation.

During the first week of our predicament, we found out that one of our neighbors had a manual pump for water. We also saw some people lining up bringing a pail or two. Maybe they can share water with us, we thought. But sadly they declined.

The refusal hurt. The water was after all...free. After that, I remember we scoured the city looking for ways to buy drinking water. The month passed slowly. But when the situation was back to normal my father decided to install our own manual pump. It was not part of the budget but we saved up for it. My father felt we should be prepared for emergencies in case of another water shortage.

Many years later, who would have thought that this helped us start off with our water refilling business? It made me reflect, "If we hadn't experience the typhoon...if our neighbors didn't refuse us water...if we didn't install a manual pump..." You get the drift.

This taught me a lesson to trust that the most difficult of situations in our lives can bring forth untold blessings.

"I trust that everything happens for a reason, even when we're not wise enough to see it."-- Oprah Winfrey

You can make your life beautiful by sharing with others the joy of living.

"Accept your own divinity. Everything is a manifestation of God. When you know that, the power that is LIFE is inside you, you accept your own divinity, and yet you are humble, because you see the same divinity in everyone else." - Don Miguel Ruiz

I have made a decision to give to myself so I can give to others more. I stopped beating myself up. I affirm myself often. The more loving and forgiving I am of myself...the more loving and forgiving I am of others.

I also allow myself to receive when someone gives me something (may it be a kind word or two, a compliment or praise, an encouraging statement, donations or gifts or acts of services) because as I delight in the gift, I also allow others to experience the joy of giving.

Life has become beautiful because I have experienced the pains of living and have moved on. I have walked through the valleys of darkness into the light. This light I openly share with you as I lovingly accept the light that you share with me. Isn't it just marvelous how we engage in the cycle of giving and receiving? It is all in your hands. It feels immensely gratifying when one is able to share, inspire, and uplift someone else up. Right?

Life is doubly beautiful when it is shared. Do the things you love with enjoyment and gratitude and most certainly life will be beautiful for you.

About the author:

Michelle Simtoco, who resides in the Phillipines is a "ripplemaker". She loves to create ripples of joy and love in the things she does--whether she is making sure that the kids in her preschool at Dynamic Minds Learning House are growing and learning, writing on HubPages and [Loving Abundance.com](http://LovingAbundance.com); training and performing production work together with artistic director/trainer Daisy Ba-ad; and using her healing gift to assist people find comfort and relief. She is currently writing a book and finishing her healing chant CD.

