



Janice's Dreamcatcher

by Greg Ashby, www.ashmyst.com

The Portal

A Gateway To Spiritual Awareness

by Janice Lynch

Cosmic Tip:

It becomes harder to hear spiritual guidance when we are distraught and frustrated. Taking a moment to calm the mind and re-center the focus allows the answers to become more clearly discernable.

Asking "Why is this happening!" heightens frustration and leads us into our judgmental brain. Asking "I wonder what I need to know about this," heightens our spiritual connection and leads us into discovery.

Wings of Angels

As you may know, I receive spiritual messages regarding energetic constructs within the physical form that act like circuit breakers to assist us through trauma. We who are emerging spiritually become increasingly sensitive to energy spikes. Energy spikes - like when someone has a temper tantrum or the earth's plates shift, or we sense the collective energy of fear regarding the economy. The spiritually aware senses these spikes. These spikes can tend to knock us flat.

Spirit has provided us with new circuit breakers that can take the energy spike without the spikes harming us or knocking us for a loop. We may not even notice that these energetic constructs are at work until they take one too many hits or get overloaded. What that happens, they need to be replaced and re-energized. If you feel exhausted or distressed, perhaps some energy circuits are blocked or broken.

I just received information from Spirit that we have a new set of energetic constructs. These new constructs allow our energetic "Angel Wings" to emerge and to help us soar towards our destiny and our spiritual freedom. If you find your shoulder blades are sore or feel inflamed, you may be ready for these new Angel Wings to emerge!

A few weeks ago, I had just begun receiving the information regarding the Angel Wings. I didn't know what all the structures were or what their meaning was, but I had a sense of their presence. At church, Sue pulled me aside. She was in so much pain! She wanted to know what could I do in the way of healing for her. I noticed her Angel Wing crystals were ready to be replaced and so we did that. By the time church was concluded for the day, was out she was really good. She could feel her Angel Wings emerge and she knew she was ready to fly! Later she indicated that her whole life shifted after that. She got a new haircut. She got her nails done. She began to respond to her family in a new

In This Issue:

Page 1 . . . Wings of Angels
Page 2 . . . Ouija Board Rescue
Page 4 . . . In The Margin
Page 5 . . . The Invisibility Shield
Page 7 . . . Dream Quest Summary

Wings of Angels cont.

way. She was more at peace. She had more energy as well. We didn't even activate the three other sets of energetic constructs (aka - spirit crystals or energetic crystals) and her life has just taken off! How cool is that!



Golden Wings by Pshultz

I will be presenting a class in September on Thursday the 9th from 7-9pm at The Divine Fellowship (513, Barth, Richland WA) to share the process for activating the entire Angel Wing energetic circuit. I'm keeping the cost down to \$25 because I really hope everyone who had the opportunity to attend can do so. (A few partial scholarships are available – just ask!) This is important stuff!! We are soooooo ready for it! We are all ready to fly free. We are all ready to take on a higher level of our spiritual journey.

Two weeks after the Angel Wings class, we will do an "Angel Walk" where we tap into the angelic realms and give and receive messages for each other. That session is free and open to anyone even if they don't get the opportunity to take the Angel's Wings class.

If you live outside the area and would like to have this information, I'm looking into ways to make this info available to you. E-mail me at Janice@janicelynch.com and let me know that you are interested in the Angel's Wings process.

Ouija Board Rescue

Every now and again, I get a call from someone who has used the Ouija Board and then experienced some weird things or had scary "activity" going on.

Let me say this about that. First of all, the scary stuff can be removed. Second of all, please know that the Ouija Board sounds like fun, but, in truth, it frequently opens a doorway to an unseen world of not-so-nice entities. Use of the Ouija Board gives these things access to your home. Often these entities have not crossed over and have the need to feed on power derived from fear and/or power. Sometimes these entities come across as kind and benevolent in the beginning so that you trust them. They may move objects to win your favor and seem to want to be a servant. Being in awe of them or giving them praise feeds them sufficiently so that then they may begin to wreak havoc by moving things without your permission or worse. More that just annoying, they can continue to gain power until then can actually be harmful.

Not to fear!! No worries! Fear and worry is what they feed on, so never let them see you sweat (as the old commercial would say.) Instead, see if you can find the doorway, send them back through and close it behind them.

To sense a doorway, walk around the house with your palms out until you feel a cold draft on your hands. If the cold moves around, it's probably the entity. If it's fixed, it's probably the doorway. Doorways form around picture frames or mirrors as they are usually the right size and shape.

You may wish to have several people working together on the task – there is power in numbers and power is the issue. As long as you keep your courage, you'll be fine. Doubt or fear can be troubling. It's better to wait until you feel more confident before proceeding, or get help from someone who is experienced in the task.

Ouija Board Rescue, Cont.

Once you locate the doorway, it's time to send the visitor away. For me, I go straight for the big guy, Jesus, to help. I've had some pretty scary things to deal with and it's taken all my strength to stay out of fear. Jesus is the Top Gun in the spiritual world. Be sure to use his name and title (Jesus, The Redeemer; or Jesus, The Son Of God; or Jesus, The Savior; or Jesus Christ, of Nazareth) as the entities can be like little attorneys using loopholes to slip through your commands.

(Have I got stories! Not everyone wants to hear those, so if you are interested, e-mail me at janice@janicelynch.com and I'll share a few.)

So stand your ground. It's YOUR home! They have no right to be there. They are certainly not paying rent! "Leave my home now in the name of Jesus Christ of Nazareth!" Clap three times loudly and shout "Be Gone!" Hair on your neck may stand up, things may move. Stand your ground! They must obey. If you get some joy out of the trauma you may inadvertently send a welcoming energy even though your words say "go" so make sure you are really firm in your convictions.

Then quickly close the doorway by folding the corners in on its self until it's nothing. Use your imagination to "see" the doorway and fold it until it disappears from your awareness. You might say, "In the name of Jesus Christ of Nazareth, I close this doorway."

This stuff happens, so no shame no blame. Just be aware that the Ouija Board can access some nasty stuff. I believe there are some people who can use it without incurring problems. I did it as a kid without issues. Since then, I've seen some pretty hairy things!! There are other spiritual tools more powerful that don't access these darker realms but rather connect us to Divine Source.

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One Spiritual Tool is our intuition. We access our intuition through prayer and meditation. Once in "sacred spaces" we can utilize spiritual techniques using Tarot cards, pendulums, Angel cards, and the mystic science of Palmistry.

Certainly, those techniques are similar to the Ouija Board. Yet, the Ouija Board inherently connects with denser energies. Perhaps it's how it was made – with an intent to talk to ghosts rather than angels and guides. Perhaps it's because generations have utilized the Ouija Board for the purpose of talking to ghosts and scary things. Whatever the reason, the Ouija Board centers on entities - those that have not crossed over and other dark energies rather than those beings in the Light. As a result, doorways to those darker realms open with its use.

Can a person use the Ouija Board and not open a doorway to dark realms? With clear intent, prayer and a lot of Spirit protection, certainly. Are we sure we are in that frame of mind?

From the voice of experience having been involved in numerous clearings, healings and doorway closings . . .

"When in doubt . . . leave it out!"

Dream Quest**Free Information Meeting**

September 30th at 7pm at The Divine Fellowship
513 Barth Ave, Richland

Utilize simple yet powerful, spiritual techniques to advance your spiritual development. See auras (I'll show you how!) Utilize healing techniques and much more!

Attend a FREE meeting for more info about this upcoming transformational series. (See class summary on page 7.) Janice (509) 946-8656

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Fall 2010

In the Margin

We've been exploring some spiritual thought at the Divine Fellowship based upon *The Love Dare*, a workbook by Steven and Alan Kendrick. The workbook focuses upon couples. We have been looking at these same principles for our relationship with Spirit and with others. We often have troubles with others because we are out of balance spiritually.

Last week the workbook stated that "Love is not irritable." Oh, crud!

I shared a story about a time years ago, when I was reading a self-help book that talked about being good to ourselves and taking care of our own needs. I have to admit, at the time I wasn't wearing reading glasses though I could have used them. The book noted that people who squint to read enjoy being irritated! I snapped the book shut and hunted down some reading glasses! I didn't realize, until I read that line, that on some level, I was allowing myself to feel discomfort – contributing to my own irritation.

Why do we do that? Why do we cram one more thing into our schedule or delay using the bathroom or push ourselves beyond our limits? Why do we then expect others to either notice our discomfort or be responsible for it. Why do we crab at others when we allowed ourselves to get overly tired, or overly burdened with responsibilities?

Because we, somehow, think that's how it has to be! Perhaps we haven't had good time management, or life skills patterned or mirrored appropriately for us. Perhaps we assume that our role is to give it ALL – absolutely all – completely to the wire every day, day after day. No wonder we snap, and acquire an edge to our voice. We have no "margin" for error – ours or anyone else's. We have no margin for our own human frailty – ours or anyone else's.

By stopping BEFORE we are completely wiped out, we gift ourselves with a breath of air that cushions our energy reserves and allows us the opportunity to be more loving. When we have that cushion, we aren't at that ragged edge. On that ragged edge a single word can push us too far. A perceived slight can push us over the edge. A glance can be misunderstood and interpreted to be an insult when an insult wasn't intended.

I remember some of the old master books written centuries ago. They were amazing works of art. Not only did the words have meaning, but the amazing art work in the margins told stories and captured the imagination as well. So, too, God can do wonders in the margins of the story of our life. If we don't run ourselves into the ragged edge of our existence.

Conversely, what about the story of our life? What if all we have is margin . . . if we aren't doing anything that is spiritually or emotionally fulfilling?

It's the same as running to the ragged edge. Both techniques offer the same result . . . running from our true self and our true worth. Being too busy keeps us blocked from Spirit (God, Source, Higher Power – whatever that is for you.) Being without purpose or direction makes us feel bored, lost, and lifeless and also keeps us blocked from Spirit.

It is our Divine right and our Divine responsibility to create an appropriate margin in our lives. Not too much o'nothin' and not too much of everything else– but rather a balance of worthwhile efforts and breathing room.

Let's take a moment to create a margin
Cont. Page 5

In The Margin, cont.

for ourselves. It takes practice. It's easy to forget and forge ahead just like we've always done. Yet, if we always do what we've always done . . . we get the same extruded waste!

I pushed myself too far the other day. Just one more thing. I can do it. Well, all of a sudden, my husband, Phil, couldn't do anything right – everything he did made me irritable. Oh, oops! I blew through my margin and set myself up for irritation. He was same old Phil – I was the one that was on edge – the ragged edge. I lost my loving perspective by my own choice.

So, today, I can only attempt to be more mindful and allow myself to breathe a bit. I may not be perfect, but I'm learning!

The Invisibility Shield

I recently had a client express some consternation because people weren't seeing her. Her husband couldn't find her when she was just a few feet away in the garden. She had experienced near misses on the road and people at work were walking right past her without speaking. "What am I? Invisible?!?" She asked.

Yes! Her invisibility shield was up!

We all can, unknowingly, create an invisibility shield when we wish to stay under the radar and remain unnoticed. I have grade school class pictures where no one can find me until I point me out and then people are shocked because it is so obvious that I'm there. "How come I couldn't see you?" everyone says. As a child, it was best to stay under my the radar, so my invisibility shield was firmly in place. Eyes just seem to flow across the page and cannot stick on that part of the picture. It's like Teflon! Same thing happens in real life as well as in photos. Energy, including recognition, just flows past us when our invisibility shield is up.

An invisibility shield is the manifested intent to be unseen. There are times when this works for us – when the boss is looking for a fall guy; when the alcoholic in our life is active; when we haven't done our homework; when the committee is looking for a volunteer to take on a big project we're not ready to take on; when we're speeding – you get the picture.

Yet, there are plenty of times when an invisibility shield does NOT serve us. Like when we need medical assistance; when we want to share our thoughts in class; when we want to be recognized for what we do or what we know; when we are ready to be seen in a loving and supportive relationship, and so on.

Continued, Page 6

Join me for a moment as I allow Spirit to flow through me with my easy breathing.

Let's take notice of the noises around us and the temperature of the air. Become increasingly aware of the color of the clothes on our bodies. Notice them becoming vibrant and bright so that they bathe us in the color they possess. Breathe in the color. Even a white shirt or blue jeans are filled with a color vibration. Be aware of it, just for a moment. It's our right and responsibility to take this moment – create this margin.

With another breath of air re-center and become ready to move forward with whatever life has to offer. I am grateful for the margin. Hope it helps you as well!

The Invisibility Shield, cont.

So, it may be time to release the invisibility shield.

One word of caution here, we need to be safe, so you may wish to create a different kind of energy shield. Native Americans created shields based upon their spirit animals – those beings who had chosen to be with them through a vision quest or spirit animals from whom they asked protection. Bear is very protective and a good choice in creating a shield of protection. In this picture to the left of the Bear Shield, you see the Polar Bear, Black Bear, Sun Bear and Brown Bear; each with its own protective energy. Draw a shield or hang a picture of a shield in your home. Ask Bear (or another spirit animal) to protect you.

An imagined metallic mesh floating on the aura also offers protection. What metal would you choose? Gold? (Personal Power and Truth) Silver? (Flexibility and Reflection) Steel? (Strength) Titanium? (Flexible strength) Platinum? (Value and Worth) Those metals energetically send out a vibration that shields the human form.

Perhaps a color or pattern of color would best suit you. Only you can know what is right for you. Don't like it once you've activated it with your intent? Just dismiss it by saying something like, "I now release my energetic shield," and the shield will vanish.

(Note: If you find yourself in an unsafe situation, don't rely upon any shield to keep you in a bad spot. Get out, get away, get safe, stay safe!)

So, if you are ready, let's get rid of that invisibility shield and allow others to see our value, talents, and abilities. The invisibility shield is brittle and unyielding. We are ready to release that about ourselves. Take a few deep cleansing breaths and imagine a thin, glass-like substance surrounding the body. Its not a protection, it's a place of hiding. Fear is not love and blocks our journey. It's time to let go of that which no longer serves.



Bear Shield by victorisfayekiss

(Another note: Years ago, many on their spiritual journey were instructed to create mirrors on the aura. The invisibility shield is not the same thing as the mirrors. The mirrors allow others to see their part in the drama and keeps negativity from entering into our energy field. If you have that field of mirrors, you can see how you feel about releasing that and substituting a protection shield. You will intuitively know what is right for you.)

Take some cleansing breaths. When a feeling of being centered or at peace settles in the heart space, say "I now release my invisibility shield!" Raise your hands over your head (if possible) and clap loudly three times. If the clap sounds dead or dull, the shield hasn't shattered – do it again. You will have a sense of this shield shattering, falling away and vanishing when it truly breaks. You may wish to partner up and help another with their shield and they can assist you. It's time to be free! (Need help? Call me at 509-946-8656)



A Quest: Searching for something of value, the act of seeking

A Dream: A vision, an aspiration, yearnings

Dream Quest: The act of pursuing a yearning for spiritual and personal excellence and the dream of becoming in tune, tuned up, connected in, and on the path of one's true destiny.

Dream Quest Summary

Dream Quest, a five-part series of interconnected workshops, grants each participant an opportunity to experience, explore, and excel on all levels. Spiritually, by seeing auras and receiving spiritual messages for one's self and others. Mentally, by understanding one's purpose and destiny. Emotionally, by knowing the truth of one's self and our part in the cosmic jigsaw puzzle of life. Physically, by using energy to heal one's self and others while manifesting what the heart desires, while stepping up to a new level of awareness.

We all have Angels, Guides, and Guardians around us. The Dream Quest workshop assists us in calling upon these guides and lifts us onto another spiritual plane. One of the first processes we experience is to discover our own Animal Spirit Guide. We then meet and begin working with our Life Guides and our Healing Guides. These guides then assist us as we experience Divination with crystals and stones and doing psychic healing.

In Dream Quest we find our personal spiritual power. All levels of ability can be enriched by this workshop due to the way in which the processes are individually geared and experienced as well as the personal nature of contact with our guides. (This class is a pre-requisite to taking the Mediumship workshop wherein participants speak to those that have crossed over.)

Each Dream Quest group creates its own unique and special energy with each participant holding an integral part of the whole. Each participant holds a sacred space within the workshop. This workshop provides serious, powerful tools for rapid spiritual development, perfect for those seeking to expand and develop. Even those that think they don't have 'abilities' really do! If your soul is yearning for this experience, it's probably the right time for you to participate. Previous experience is unnecessary. An open heart and a willing spirit are essential for success no matter what the beginning point.

Dream Quest is offered only once every couple of years. If you are interested in this workshop series, please attend the upcoming Dream Quest Free Info Meeting on September 30th at 7pm at The Divine Fellowship, located at 513 Barth Ave, in Richland, Washington. For more information or to reserve your place in this workshop series, call Janice at 509-946-8656. Class size is limited.

Reminder: Blogs on www.janicelynych.com are short articles for your edification and encouragement. Please check the website blogs for articles between issues of the Portal Newsletter!