

LightSong News



Cultivating A Thriving Community of Well Beings



August 2007

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Lodge is held the 3rd Saturday of month at 4 p.m. To receive Sweat Lodge announcements, click on Update Profile link at bottom of this page to join the Prayer Request and Lodge mailing list.

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Upcoming Classes and Workshops

- Basic Journey Class: September 14-16th
- Soul Retrieval Class: September 10th (prerequisites required)
- Dream a New Dream for Yourself: September 22nd
- Deposition Class with Betsy Bergstrom: October 12-14th (prerequisites required)

Private sessions and coaching are also available regarding Dream a New Dream for Yourself. Contact me at Jan@lightsong.net for more information.



Welcome to LightSong News! This newsletter is later than usual because I spent the last part of July and the first part of August at Spirit Quest. Thank you for your support through your prayers to the many people on the land.

The Quest always provides opportunities to grow and change. This year the camp was phenomenal, allowing the unconditional love that this amazing group of people provides to the Questers to pour out at miraculous levels. I still search for words to express my gratitude in all that I observed, learned, and shared, and know that the process we started will last throughout the coming year creating full sail changes for us all. In future newsletters, I will share some of what is developing.

In the meantime, I hope you enjoy this month's issue. There are lots of events coming up, and I encourage you to join me as we grow as a community.

Heart to Heart
Jan

Honor and Trust in the Relationship with Spirit

Many people start a new commitment to the spiritual path, or start defining their relationship with Spirit, and then immediately want wonderful things to manifest for them. Unfortunately, this is usually unrealistic. Before you are given access to the unlimited information, or powers of the universe, there is a respect and a trust that needs to develop between you and the spirit realm. Just as you are developing trust for the spirits, they are developing a trust for you. You are building a relationship that takes time, effort, and commitment. Once this trust is developed, there is a mutual responsibility and accountability. You can depend on the spirits and they will depend on you.

Spirit opens doors for you at your own individual level. It is like the employee being considered for promotion. As you prove yourself through time and effort, new opportunities will be presented for you to explore how Spirit, life, the laws of nature, and the laws of the universe work. Like a promotion at work, a promotion to greater consciousness comes

with greater responsibility.

Knock, and the door will be opened for you; ask, and you shall receive. How true these words are. However, a relationship with Spirit is like building a relationship with a friend. It requires trust, shared experience, dedication, and much interaction. There is much to learn, and one needs to be prepared for the incredible power that becomes available in the learning.

As energy flows with intention between you and Spirit, and between different realities, your personality will change. You are opening your psychic centers and becoming more awake. Your entire being must make adjustments to include your new awareness. Spirit will monitor what you experience and at what levels you are able to receive information. Not only is trust being built between you and Spirit in this approach, but Spirit knows it is often better not to open too fast to new realities because sudden changes can feel chaotic and threatening. If you were suddenly opened up to completely new realities, the accompanying stress might be detrimental to your long-term growth. Spirit wants you to enjoy the transition, not be scared. Emotional breakthroughs may result in emotional breakdowns if you move too quickly. Be patient.

There are numerous accounts of people becoming spiritually awakened through near-death experiences or devastating illnesses; however, the awakening does not need to be so dramatic to create greater awareness and personal power. I often think of this analogy with my children, when they were small. They loved to sit in my lap and steer the car the short distance from the mailbox to the driveway. They insisted that I keep my hands off the steering wheel because they wanted to drive the car by themselves. I reluctantly agreed, but my caution came from knowing they were unaware of the power of this machine. Gradually, they would assume more responsibility for controlling the car, and one day they will be ready to drive solo. Hopefully, their experience will be a positive one.

One must enter the spiritual realm in the same way—with care and the expectation of adjustment. Awareness emerges in manageable doses until we are safely prepared. Sudden revelation and epiphany have their place in awakening, but one must not assume that they are the only avenues to enlightenment.

The patient path is one of developing a relationship with Spirit that is filled with integrity, love, and service. Do your part. Pray, meditate, practice journeying, and make yourself available for Spirit to work with you. Show respect for life and live from the heart chakra. Continue to self-examine and be committed to growth and spiritual development. As a demonstration of your effort, log your experiences in a journal. As you read and reread the entries, you will discover a subtle but sure change in your being. Many changes will occur, often without your conscious awareness. The journal will help you to retrace your journey and to recognize these changes. I think you will be amazed at how fast Spirit truly does intervene in your life. Be thankful.

There are many ways to connect with Spirit and finding a way to develop this intimate, personal relationship is up to you.

Dream Yourself a New Dream Workshop - September 22nd.

Dream a New Dream -Because of its great success in June, I'm offering another workshop to help you use the Law of Attraction to create what you want in your life. With a new name, "Dream a New Dream for Yourself", will be held on September 22nd; it is a repeat of "the Secret Revealed" that I taught in June.

While this workshop is open to all, I highly recommend current students participate. At quest, Spirit kept saying, "Choose Happiness". Since this teaching is such an important foundational and essential concept to understand, I would like all of you from Quest to attend this workshop. This will give us cohesiveness and a common language in what is meant when spirit teaches us to choose happiness, dream a new dream, and become the happy beings that is our purpose. LightSong is dedicated in creating a community of well-beings. These well-beings will be the ones that bring our society into the age of enlightenment, happiness, and peace.

Before working together, I would like you to watch or read "The Secret". (you can order The Secret on my web site under books and CD's) The information will help you understand how to create change in your life and how the Laws of the Universe work. What I teach will expand on "The Secret's" message, because, although I love the information in the movie, I feel there is more to understand regarding the role of the Spirit Realms, and what to do when things don't seem to manifest like you thought they would.

My intention is to help you use all of the universe's resources to attract what you want into your life. My hope is that you will ride the wave with me and create the change you would like to see in your life.

Please contact me at jan@lightsong.net or call 503-669-3013 for more information or to sign up for the class.

I welcome any comments you might have regarding the content or format of the LightSong Newsletter.

Heart to Heart!

Jan Engels-Smith
LightSong School

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