

LightSong News

Cultivating A Thriving Community of Well Beings



May 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.

[Join Our Mailing List!](#)

Upcoming Classes and Workshops

- Basic Journey Class: May 18 - 20th
- The Secret Revealed Workshop - June 16th.
- Pre-Quest classes continue: June 2 and July 7 - 12-3 p.m.

Private sessions and coaching are also available regarding "The Secret"; see the article below for more information.



Welcome to LightSong News! May is here and Mother's Day is coming up. This is a good time to honor not only your mother in family, but Mother Earth, the source of all our abundance. And for all you mothers out there, thank you for bringing life

into the world!

Enjoy the season and this issue of LightSong!

Heart to Heart
Jan

More of the Secret: Universal Laws of Attraction

Last month, I wrote about the DVD movie "The Secret" and how the message the movie conveys has been a part of my teaching for years. In today's edition, I would like to share some of what I've learned about the Universal Laws of Attraction.

Change occurs when energy shifts. To understand change, one needs to understand the dynamics of energy. Everything emanates energy---animate beings, physical objects, even thoughts and feelings---and these energy "fields" impact and alter all they touch. If we are to have control over the changes in our lives, we must also understand the importance of thoughts, beliefs, ideas, and feelings as energy. Only when we understand and can apply the following basic laws of the universe will we be able to consciously affect the change process:

1. Energy follows intention.
2. Whatever you add energy to multiplies.
3. Thought followed by word and action equals form.

4. What you believe becomes.

These laws apply to all of life and are fundamental in understanding how to work with energy in order to create. Healing, both of self and others, is possible by developing skills in working with these laws. Enlightenment requires this understanding.

People with spiritual power have learned how to work with energy by following the guidelines of these laws. They can direct energy with intention and trust that the desired outcome will materialize. They are not victims of other people or situations because they know how energy works and they apply this knowledge to their lives.

In the next four newsletters, I will address each of these laws separately; however, they are practiced as a unit of truths. A holistic approach is an absolute necessity. I will be going into much more depth about each law in The Secrets Revealed workshop in June. There is more information about this workshop at the end of this article.

Energy Follows Intention

What is intention? It is simply what you intend to happen. If your intention is followed with an action that supports your intention, you will experience quick results. You will also feel good and harmonious in the process. It is as if all energy flows in the same direction. For example, let's say that your intention is to work on your marriage by being more attentive to your partner. If your action is to start a productive conversation, give a foot rub, or make a phone call during the day, the desired outcome of improving your marriage has a high probability of occurring. If your intention is to improve your marriage, but you do extremely inconsiderate things to your partner, the energy of your action is in opposition to your intention. This opposite flow of energies will cause much friction, anxiety, and stress.

When both the intention and action flow in the same direction positive outcome is enhanced. But when intention and action flow in opposite directions, negative outcome is more likely.

Conflicting energy signals will cause frustration, stress, and anxiety. Opposite directional forces between intention and action remind me of the opposite motions of the earth's plates at the San Andreas Fault line. As the plates move against each other, they create tremendous stress and, ultimately, result in an earthquake. Just as the spirits always tell me, "Learn from nature!"

Use this energy illustration as a mental cue for anything you are attempting to change in your life. Write down your intention, and then look at the actions you follow it with. Are they flowing together or in opposite directions? Many people give lip service to wanting to create change or healing in their lives, but their actions do not match their intention. They often become frustrated with the process of change, feeling like they have failed again when, in truth, their actions are not aligned with their intentions. Either the action needs to change or the intention needs to change. Each one can correct either variable.

In the next LightSong newsletter, I will talk about multiplying your energy.

The Secret Revealed Workshop - June 16th

To support you in the process of learning how to apply the Laws of Attraction in your life, I am offering three ways to help you put these concepts into action:

· One-on-one calls - Contact me at jan@lightsong.net if you would like to set up a time to talk individually.

· Teleclass - I will be using a technology that uses a telephone bridge line that allows a group to be on the phone at the same time. Watch for the announcement in your email and at LightSong classes.

· Workshop - On Saturday, June 16th, I will be presenting a workshop on The Secret Revealed. Contact me at jan@lightsong.net if you are interested in attending this workshop.

Regardless of which of these you choose, as a prerequisite of working together, I would like you to watch "The Secret". The information will provide you with an understanding of how to create change in your life. The discussion in all of these platforms 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.

The teleclass and workshop will be venues to explore these questions. 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.

Level I Basic Journey Class - May 18 - 20th

Journeying is the foundational tool for shamanic study and healing and provides the passageway that has been used for centuries to obtain information from other dimensions, realms, and realities. Through the journeying process you can connect with your power animals and spiritual teachers. Information, knowledge and wisdom becomes available to you that you can utilize for solving problems, gaining clarity about life's circumstances or simply to build your awareness and understanding of the different worlds beyond. Journeying is a perfect way to learn what needs to unfold in your life and then actively integrate this information to help you maximize your happiness and wholeness.

In this class you will:

- Learn four styles of journeying
- Become proficient in the shamanic journey style
- Connect to your power animal and spiritual teachers
- Explore the different worlds of non-ordinary reality
- Develop initial steps for understanding your divinity
- Discover elements of the nature of your true soul
- Establish structure for your daily practice to enhance your journey skills
- Prepare for the [Level II Shamanic Training & Healing](#) , (should you decide to continue with your studies)

I am offering this Basic Journey class May 18 - 20th. For more information, go to www.janengelssmith.com/basicJourney.html

PreQuest Class Continues June 2, July 7!

This summer, the LightSong community will be gathering in support of people seeking to deepen their connection with spirit through the Spirit Quest.



The Spirit Quest offered by LightSong cultivates a variety of powerful skills and promotes a tremendous amount of spiritual growth. The core of these teachings focuses on our ability as humans to telepathically communicate with each other, and with the spirit realms. This ability has been muted through the process of our "civilization". During the Spirit Quest, we make time in community to reignite our telepathic ability to communicate and explore our divine interconnectedness-with each other, and with Spirit.

Participation and Quest Details

Quest Dates: Quest/Support camp begins long before the designated date; it begins as soon as each of our intentions to serve is formed.

Pre-Quest Training continues June 2 and July 7.

Support camp begins July 31 and goes through August 5.

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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