

Hello Dear Hearts

I hope you are enjoying the sunshine. Now as some of you will know, gardening is not my forte, but the strimmers have at last been and all is a little more ordered once again.

The Garden of Your Soul

I invite you now to, close your eyes and journey into the garden of your soul, the perfect place for rest and relaxation. Allow yourself to experience here in the garden of your soul, whatever you need at this time. Perhaps a tree swing to play in, or a magic wishing tree, a healing waterfall, an Aladdin's cave of medicinal elixirs, a temple of knowledge, a river of time in which you may travel forwards or backwards as required. An old oak tree to support you in gaining courage and strength for your journey. Your garden of your soul offers unlimited potential and many opportunities for you to blossom and grow, so spend a little time each day or week and recharge and revitalise as you connect with source and your essential nature.

Now all gardens grow weeds, so whilst you are enjoying your garden you might wish to do a little weeding and seeding. Take some time to notice any subconscious thoughts that may be holding you back and gently bring them to the surface and remove them. Feel free to enjoy a bonfire and release them with love and as you let them go, plant new seeds and imagine everything in your garden coming up rosy.

Below are some handy planting instructions for The Garden of Your Soul

Plant three rows of peas:

- 1. Peas of mind**
- 2. Peas of heart**
- 3. Peas of soul**

Plant four rows of squash:

- 1. Squash gossip**
- 2. Squash indifference**
- 3. Squash grumbling**
- 4. Squash selfishness**

Plant four rows of lettuce:

- 1. Lettuce be faithful**
- 2. Lettuce be kind**
- 3. Lettuce be patient**
- 4. Lettuce really love one another**

No garden without turnips:

- 1. Turnip for meetings**
- 2. Turnip for service**
- 3. Turnip to help one another**

To conclude our garden we must have thyme:

- 1. Thyme for each other**
- 2. Thyme for family**
- 3. Thyme for friends**

Enjoy and please feel free to share your soul garden adventures with us.

Save £10 on all Soul Readings booked through June.

Until the next time, Love your Life

Kim x

[EFT Group Share Teleconference 11 June 8-9pm GMT £10](#)

Join together with kindred spirit and borrow benefits from the group healing process. Your anonymity will be protected and a recording will be available for download and future use.

[EmoTrance Healing Circle Teleconference 18 June 8-9p GMT £10](#)

Connect with and heal your energy body, release negative thoughts and feelings, experience your bodies natural joy and peace, learn to allow yourself to be nurtured and nourished by everything in your life.

[Law of Attraction and EFT Teleconference 24 June 8-9pm GMT £10](#)

Learn the secrets of the Law of Attraction and combine with the power of EFT

[Introduction to EFT \(1 Day\)](#)

Frid 1 June Weston Super Mare

Frid 1 August Glastonbury

[Advanced EFT Training \(2 Days\)](#)

21/22 July Weston Super Mare

[EFT Practitioner Training \(2 Days\)](#)

Sat/Sun 9/10 June Weston Super Mare

Sat/Sun 2/3 August Glastonbury

[Introduction to EmoTrance](#)

18 August Glastonbury

[EmoTrance Practitioner Training](#)

18/19 August Glastonbury