



Janet Louise of Happy Spirit

Happy Chinese New Year

The year of the Water DRAGON

I was delighted to have the opportunity to write this year's Chinese Astrology for the NZ Woman's weekly - even tho my name was omitted!
So pop along to my website, it will be under the Numerology report by tonight, and read up your sign's yearly overview.

"Kia kaha"

I have always loved this term and was reminded of it by a friend from Gisborne last week when I had to postpone my trip to the sunny coast.

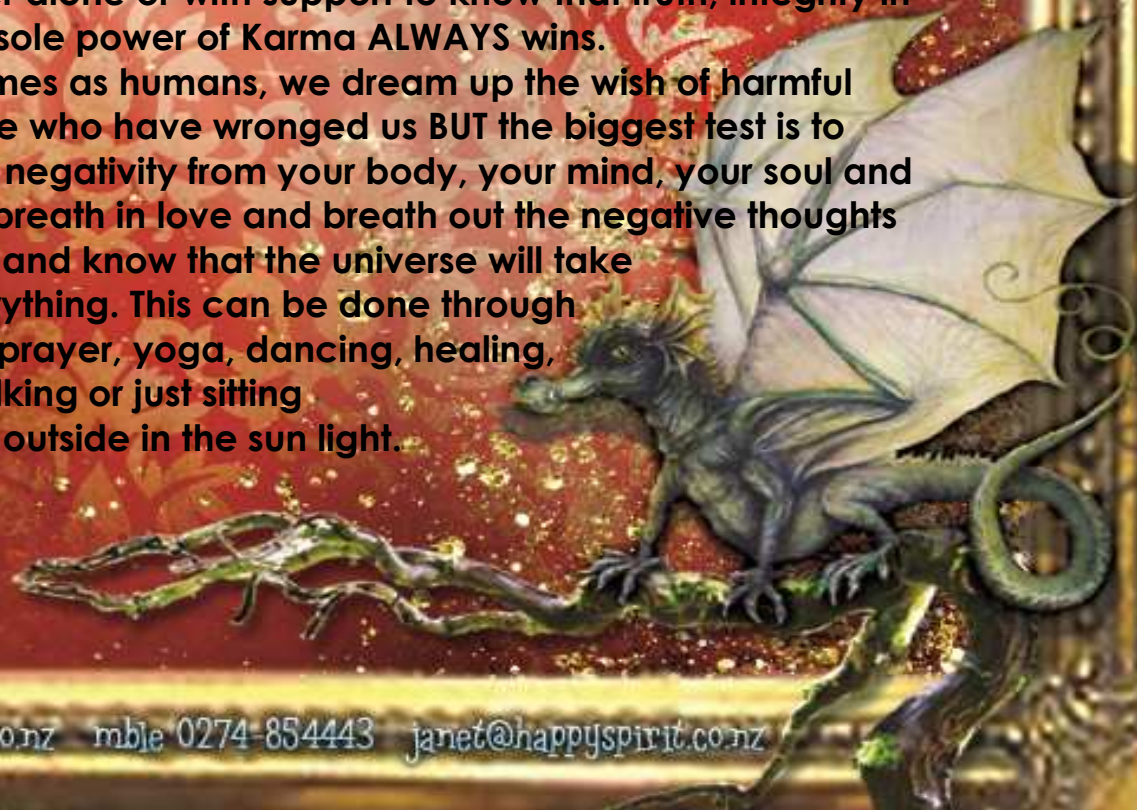
I am like you all; I am always being tested with reminders that all people perhaps don't live and see things as happy and chirpy as I do - some may say I am naive, others may think it is a wonderful way to live.

I believe I am both.

So in this latest test I CHOOSE to live through this positively.

Everyone somehow, somewhere in the world is going through challenging times - no one can tell you how to deal with them or what to do - but having the strength to BELIEVE in the POWER of YOU whether alone or with support to know that truth, integrity in life and the sole power of Karma ALWAYS wins.

Yes, sometimes as humans, we dream up the wish of harmful hurts to those who have wronged us BUT the biggest test is to RELEASE this negativity from your body, your mind, your soul and your spirit - breath in love and breath out the negative thoughts and energy and know that the universe will take care of everything. This can be done through meditation, prayer, yoga, dancing, healing, Magick, walking or just sitting somewhere outside in the sun light.



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NEWS

I have had the PLEASURE of meeting a lovely gentle soul – Annie from Whispered Secrets Yoga Centre, Albany Village, North Shore - o and her adorable spoilt pooch 'Shadow' Whom my Son had an instant bond with. So much so that his new playstation character is named 'Shadow'!

I am now basing myself there for my North Shore Clients one weekend a month and will be running delicious, exciting workshops as well. – Check out Annie from 'people and sites I love' and pop in to feel the beautiful energy and to experience the 'Yoga' way.

Phases of the MOON for February

Full Moon Wednesday 8 February – happy times, social events, fun times

New Moon Wednesday 22 February – Focus on your wellbeing, mind, body, soul and spirit. Awaken your spiritual essence, develop and grow

Aquarius – There is a lot of love surrounding you this year, but you need to find that balance between work and home. You will accomplish so much this year with starting your own business or moving areas, just make sure it is not at the expense of your health, mental and physical. Spiritual growth is high with the expansion in understanding, healing, mind, body, soul and materialism. This year is all about your attitude. Keep your frustrations in check when you are expressing your feelings in regards to security.

Pisces – Set boundaries this year Pisces. You need order and calm. Clear all the clutter from your life both physical and emotional.

Don't let others push you around this year.

By clearing all the clutter you will feel a lot more energized.

Be clear in your communication.

Let others know how you are feeling. Trust your Intuition to create the path of your desire.

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Touring Dates

<u>Hamilton</u>	Saturday	4th February
<u>Auckland – Greenlane</u>	Wednesday	8th February
	Thursday	9th February
	Friday	10th February
<u>Auckland – St Johns</u>	Monday	13th February
	Tuesday	14th February
<u>Auckland – Albany</u>	Saturday	25th February
	Sunday	26th February
<u>Gisborne</u>	March – dates to TBA	

Tip for the Month of February

Do NOT self sabotage. Believe in the power of YOU.
Do NOT let other people's negativity affect your wellbeing.

February Angel –

Call upon the Angel Barchiel for love and compassion.
To stay focused and to keep positive

Colours for the Month of February

RED, ORANGE and GOLD.

Monthly Moments of Gratitude

- Debbie, for your AMAZING stationary, business card design and divine clothes you dress me in - YOU'RE A STAR!
Check out Debbie from 'people and sites I love' from my website.
- Ru, for always working on my website,
I know it's a struggle lol
- My gorgeous groovy Grannie, for reminding me, even baby hippos need to take care of themselves! lol

