



Matthew Carloss

P: +61 2 9555 9205

M: +61 413 133 335

E: matthew@threefoldflame.com.au

W: threefoldflame.com.au

606 Darling St Rozelle

ABN: 130 075 731

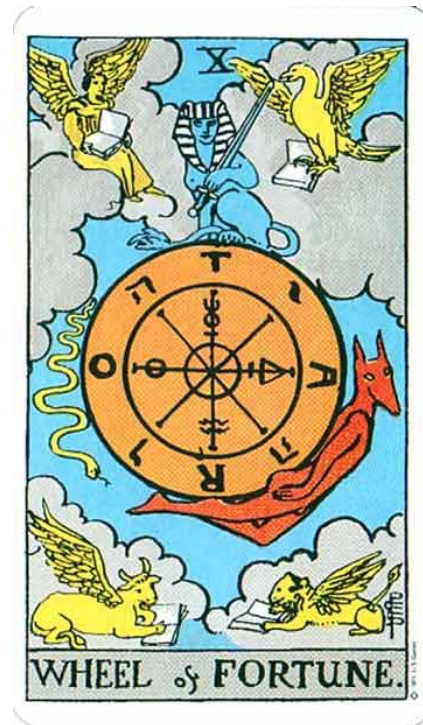
The element of fire...

The element of fire is a symbol of transformation, purification, passion and change. Its power to create is as dynamic as its power to destroy. For through fire comes the opportunity for natural regeneration and new life energy.

As the Sun moves into the fiery sign of Aries this week we enter the beginning of the new astrological year. This is another symbol of renewed energy which, for some, will act as a stimulus to dismantle and purify those aspects of self that have been holding us in a limiting space. This process allows the self to break these limits and step into our infinite potential.

If the thought of change seems daunting take comfort in the law of the universe that says the wheels will always turn no matter where we are in life. The important thing to stay focused on is be open and ready to receive change when it comes your way.

Each and every one of us has a cosmic flame, a divine spark of consciousness. I invite you to acknowledge this spark that exists in your heart space. Treat this space as the guiding light that controls your capacity to give and receive love – love for others and most importantly love for yourself.



Here is a short meditation process that I hope will assist you to connect with the cosmic fire within you.

1. Find a quiet space and allow yourself to relax and become aware of your breath
2. Find a deep and natural breath, draw in pure light on the in-breath and release any tension on the out-breath (repeat for at least 10 slow breaths)
3. Become aware of your chest as it rises and falls with your deep and natural breath (spend a few moments observing this)
4. Place your awareness into your heart centre – allow it to gently open and expand. Ease and release any tension in this area
5. Allow yourself to sink into this space as you go deeper into your heart centre. It is here that you will find the spark of cosmic fire in the centre of your heart.
6. Feel the energy in your heart space increase and expand as you connect with the cosmic fire. As you hold this space focus your intent on giving love to self. Soothe

Readings

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self. Acknowledge self on all levels. Allow this time for you. (Stay in this space as long as you are drawn there and continue to breathe deep and naturally). You may

also want to send this healing energy to areas of life that may need specific healing or attention. Do this now by focusing your intent.

7. As you start to come out of the meditation give thanks to self for making this time for you (this is important) and give thanks to the universe for its healing energy
8. Allow the energy to gently move down through your body and back into Mother Earth
9. Slowly bring awareness back into your body, into the here and now.

Namaste
Matthew

Calendar

Reiki workshops

- Reiki I workshop – 24th May
- Reiki II – 12th and 19th July
- Reiki I workshop – 16th August

Meditation group

- Meditation – Wednesday nights from 7pm

*Registration essential for Reiki workshops and meditation. Please call or email Matthew for more information

Matthew will also be reading at the up and coming **Mind, Body and Spirit** festivals

- Sydney 2nd and 3rd May
- Brisbane 27th and 28th June

Shimmer on Darling special

“Illuminate” pure soy wax jar candles 3 for \$45 (usually \$19.95 each)

Choose from the following blends/fragrances – serenity, romance, sandalwood and rose.



All Illuminate candles are made onsite with the purest ingredients and intent.

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Recommendation of the month

Have you got any self-destructive, addictive or obsessive behaviour that you would like to let go of? **Sacred Self's Let Go(d) blend** was created to assist in letting go of unexpressed emotions that lead to these behaviours.

This transformative blend contains essential oils of Jasmine, Bergamot, Roman Chamomile and Grapefruit in a base of jojoba and calendula oils with a mixture of flower & gem essences.

Ask yourself "Do these patterns sit comfortably with me any longer"? Apply to the liver/gall bladder area and wherever else you are drawn to and just observe yourself. The intention was to also help with insights into why we hide our true feelings behind this self-destructive behaviour. This is also a great meditation oil to use in the bath.

Roll-on bottle \$30 (also available in 25ml bottle for \$45 or 100ml for \$65)

For more information contact Michelle McGrath at michellemariemcgrath@gmail.com