

Fall/Winter 2009

# Family Nurturing Tree

## Love & Gratitude

### A Centering Force For Transformation

Debi Melzer



A lot of us are feeling filled with uncertainty or doubt where our lives may be headed personally, financially, as a country, and globally. My past year has been filled with doubt and uncertainties on many levels. As I began to move through these places in my life, I found one constant support, through the energy of Love and Gratitude.

For me that means anchoring in my one True Source, the Light of our Creator, the greater whole I am a part of. There is a peace in this place that is an immovable, centering force that lets me know it's ok to have uncertainties and in doing so release any fear or stress around them. This opens one to the still point of unlimited potential to create outside the box type solutions that can be manifested as part of the change our planet and communities are going through.

#### Being Open To All Possibilities

I look back on my year seeing so many synchronicities that at the time were filled with doubt about where they were going. But one by one, the stream of God Consciousness flowed in my inner being and radiated outward creating positive change in my world. One example is connecting with Sharae, a gifted artist connecting others through her artwork to our heavenly support beings (see reference links following this article). I chose to have her do a painting for me and I chose a position of uncertainty. I was already

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#### Mission Statement

To harmonize the Light within and around you to celebrate and create new vibrational patterns of living focused on peace, purpose, gratitude, health, joy, and abundance

*"If a man will begin with certainties, he shall end in doubts; but if he will be content to begin with doubts he shall end in certainties."*

*- Sir Francis Bacon*

### In this issue

**Love & Gratitude - A Centering Force For Transformation**  
**Mandala Essences - Creation In The Midst Of Doubt**  
**For Play - Ideas to Cultivate Love and Gratitude**

connected with many angels and guides but felt the need to keep the door completely open to who needed to come through in this piece of artwork. I eagerly anticipated its arrival. Sharae called 2 days before my birthday (which she didn't know by the way) to let me know it was on its way. It arrived the day of my birthday and I found myself connected to a long time friend and companion from the angelic realm. I was aware of a connection with this being in my life in a very early incarnation, but with the attached note, I knew this companion has been with me in every life time as part of this unfolding process of reuniting heaven here on earth, a process we are all going through. I found a new confidence in my calling and a constant ally in being in service with my Soul's purpose.

### **Trusting The Empty Space of Creation**

Another blossoming occurred when I heard the call to add some spiritual component to my practice, but was completely unsure what it was. I centered myself in meditation whenever these feelings would arise being receptive to my Soul's vibration leading the way. I knew it needed to be something that would create a synergistic link to all of the other parts of my practice. This process went on for about a year or so. Little reminders kept popping up to keep affirming this "thing" I needed to add to my practice was going to show up in my life.

Through following a series of earthly signposts showing the way, I found what I was looking for and enrolled in the Appreciative Coaching program at Fielding Graduate University beginning In February 2009. (see reference links). At a time of an uncertain economy I had the abundance to enroll in the program of which this was only the second program being held. And the creation of this one on one appreciative process and the book were just published in 2007. I now fully understood this year long waiting period I was in which enabled me to find the perfect program at the perfect time. In a time when the economy had been in it's pushing out of the old, I was able to connect with these new earth energies that are continuing to come into abundance and successfully implemented Appreciative Coaching in my practice.

The Appreciative Coaching process itself is focused on Love and Gratitude by celebrating ones life in the now, carrying forward positive parts of the past, and



focusing in the Now moment to connect with these synchronous events. This creates a synergistic link from one Now moment to the next Now moment. It's as if each opportunity in our life is a dot full of unlimited potential from which to create from. If we find ourselves trapped in a painful past or a fearful future, it takes us away from the Now moment and the ability to see these dots of perfect opportunity and how to connect them together into the stream of creation. I was able through using the appreciative process for my own business to vision a way for people to bring all elements of their lives together: career, health, relationships, and spirituality.

### **Attuning To The New Earth Energies**

A most recent example comes from Tri Valley Unity in San Ramon, CA (see reference links). I was recently going through a major surge of pushing out old wounds, energies, and thought patterns that would not serve me with the inflow of these new earth energies. I reached out to Sharae (Love and Gratitude to you Sharae) who put me in contact with some other lovely Lightworkers with more information on this global energy shift (see reference links).

I sing in a traveling choir and I found myself at this church with a more attuned awareness of these energy shifts going on. On the drive there I saw a rainbow, but not

a traditional rainbow as we had now rainfall in the area. It was soft and wispy, but formed a complete rainbow stretching from the hills along highway 680 with the other end at the exit I would be getting off at to go to Tri Valley Unity. I knew I was in for something special. The church was celebrating their 15th anniversary and their church community had seen major changes all throughout 2009. They decided to gather at a retreat at the end of October to push out their old ideas of what church should be and focus on what they really wanted to create in their spiritual community. They do a pledge drive every year and in recent weeks their pledge drive had soared.

I saw a shining example of what happens when you flow in harmony with the new energies coming into form. By holding their retreat in October, they pushed out their old views to embrace the new that was coming with the most recent energy surge at the beginning of November, and the surge in pledge drives is proof of this work. It's like a blade of grass open to catch the morning dew.



I am also aware of how children and animals can attune us to this new earth energy. Our 4 legged brothers and sisters, wild or domestic, are tuned into these energies. They are not as fully immersed in our material world and therefore are more connected to these higher energies. It is when they experience too much distorted energy in their environment their systems become affected.

My latest experience with this has to do with the bunny that manifested in our life this past year. She is like a mirror or an indicator when something is going off track. Most recently she's decided to hop up on the bed, and either starts clawing at the covers or trying to bite me. She was definitely trying to get my attention. I noticed when she would do this my energies seemed a bit off.

Sometimes just picking her up and holding her eased the situation. I know anytime two beings come together grounded in Divine Love, a shift of energy occurs from pain and stress to peace and harmony.

With this most recent shift I found myself receiving new symbols in my meditations to support me through this change. I connected these symbols with all 3 of our four legged companions: a dog, a cat, and bunny. I used the symbol which helped me to ground this new energy and as I did, bunny stopped digging and hopped off the bed and went back to her snuggle zone. This didn't happen just once. It has happened repeatedly as I have gone through this shift.

Children are also indicators in our lives. I ask you to consider a child's outbursts or less than desirable behavior as merely distorted energy in their lives. Many children who are being born now, and have been coming for many years, carry this new Light. They are gentle Souls coming to us to help us all shift into life as Divine Love. Even if you do not have children, just observe them and their Light. See them not as helpless children, but wise Light bearing Souls we can learn from to shift out of our distorted energies. I know all of creation will express gratitude towards you for choosing a new way of being (see reference links for understanding and parenting these children).

### **Busting The Illusion Of Illusion**

I never liked or understood the idea of some part of our life being an illusion. For me these painful experiences in life did not feel like a deceptive appearance or impression. They felt very real to me and my experience. I began to see them in a different Light, through the eye of love and faith even if I didn't totally understand what was happening at the time. This grew to an understanding that all I experience is just a form of energy, that we are all connected as a whole in this web of life, of consciousness.

This took me to a very neutral view of my experiences so I could start to see, feel, and be aware of a deeper truth going on. I began to see the unpleasantness as just distorted energy in my life, but a distorted energy that was leading me to a new harmonious experience of

life. The word illusion holds the meaning of false idea or belief. I do not think anything we experience is a false idea or belief because it is all rooted in an experience of Divine Love that we are all apart of.

In going through this most recent earth energy shift, I find myself on new ground and a new experience of what life is. My old views may not support me anymore, but these views were fuel for the journey. I find myself grounded in this new awareness of existence as Divine Love, but also feel little areas of my energy and consciousness that are still feeling a bit in the energy distorted arena. With this recent shift and grounding I can now choose effortlessly to push out or release from myself the distorted energy and again feel peace and harmony. That is a different experience from the way most of this last year felt. This past year it was so hard to move out of and get clear of these distorted energies. I know deep within my heart it was fuel for my journey to make this most recent leap in my life.

In shifting to this new grounded place there were disconnections made from the old patterns and some of that has remained as little “pockets” of distorted energy that I feel as a thought, an emotion, or experience some where in my physical body. With the same ease and grace I simply choose to push out that distorted energy, releasing it to be transformed into something new and pleasant. It reminds me a bit of the days when you had to defrag your hard drive to have a more efficient computer.

So whether you find yourself fully grounded in this new energy, somewhere in between, or experiencing a more distorted energy/view of your world, know that you are not alone. We are all united in Divine Love, each adding strength, and a richness to our current experience of life on earth and I am most grateful to be walking the earth at this most precious time.



### *Reference Links:*

**Angel Art by Sharae**

[www.angelsbysharae.com](http://www.angelsbysharae.com)

**Appreciative Coaching**

[www.appreciativecoaching.com](http://www.appreciativecoaching.com)

**Fielding Graduate University**

(appreciative coaching class enrolling January 25, 2010)

[www.fielding.edu/programs/ProfessionalDevelopment/coaching](http://www.fielding.edu/programs/ProfessionalDevelopment/coaching)

**Tri-Valley Unity Church**

[www.trivalleyunity.com](http://www.trivalleyunity.com)

**Judith Pennington**

[www.oneworldspirit.org](http://www.oneworldspirit.org)

[www.thestillsmallvoice.org](http://www.thestillsmallvoice.org)

**Maureen Moss**

[www.worldpuja.org](http://www.worldpuja.org)

[www.maureenmoss.com](http://www.maureenmoss.com)

**Karen Bishop**

[www.emergingearthangels.com](http://www.emergingearthangels.com)

**Sandie Sedgbeer**

[www.childrenofthenewearth.com](http://www.childrenofthenewearth.com)

[www.inspiredparentingmagazine.com](http://www.inspiredparentingmagazine.com)

# Mandala Essences

## Creating In The Midst Of Doubt

*Debi Melzer*

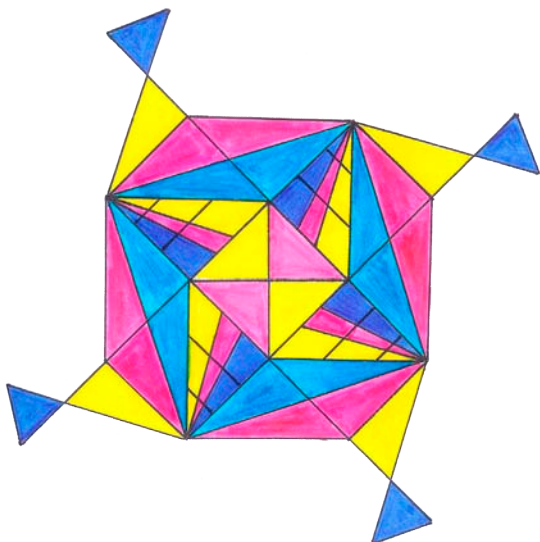
A year ago I had several meditations where various symbols came through and I could feel the pleasantness and grounding of the energies associated with these symbols. I intuitively heard "shape first, color later". This experience was brief but I felt a connection to this path having no idea what the outcome was going to look like. Then just a few weeks ago, a year later from my first glimpse of what was to come, the symbols started coming again and I felt drawn to mandalas in all forms and ways.

I focused my awareness of this and asked to be receptive to why this was coming into my life, pushing out fear and doubt along the way. When I began to create a mandala, I had no concept of the form for the mandala or what the finished mandala would look like. I truly embraced Sir Francis Bacon's quote in this newsletter by being content to begin with doubts. I centered myself in my immovable force of Love and Gratitude and knew I needed to start drawing the mandala in a particular place on the page. It literally became a process of connecting dots. One line here, a circle there, until the finished form came into being. Often a mandala would sit half finished for days. I let go of fear and doubt and stayed focused in the Now moment. I was washing out my old

modes of living and being, and this outflow would then switch to an inflow and a reconnection with the mandala being made. In that way my own energy and experience was going into what's being created and along with that a theme or energy surrounding the mandala. The same experience would come when it was time to put color to the mandala. In the actual act of this co-creating process I realized the power of color and shape and symmetry beyond a simple meditation tool.

In working with this Love and Gratitude mandala I began to have new meditation images awaken. I have pink and yellow roses that I had brought in from our garden around this time. One of the new meditation images that came through was a spray of tiny pink roses, and 3 yellow roses in full bloom. At other times in meditation, I saw the triangles of pink and yellow coming together merging Divine Love with Divine Wisdom. This path takes you to an opening and awareness of Divine Power. Not a power of corruption or competition, but a power of bringing ones ideas, talents, and creations into service for the benefit of all. I also saw various colors and shades of blue after the image of the pink/yellow blossoms and felt a tremendous sense of peace and calm, but not a wimpy do nothing peace, a peace to live and be my purpose through an unrivaled strength, the strength of the Light of God. The aqua in this mandala represents the connection of our World Soul which I am sure I will be discovering more about as I continue my journey with this mandala.

I have a deep knowing I will be co-creating vibrational remedies, Mandala Essences, with the angels, elementals and other spiritual beings. This is my path of service work, of helping to bring something into form that will help others with their transformations among this new Light. As I sit here, I do not know how it will all unfold, or when these essences will be made ready for all to benefit from. What I do know is the next connecting dot of unlimited creation is out there and I am attuned to it. When the time is ripe this endeavor will be birthed in all its Light and beauty. I offer in the Now, Love and Gratitude to all that have supported me in my journey, all those that continue to support me, or will support me in the future. I am blessed with much and look forward to serving the Light!



**Love and Gratitude Mandala**

# For Play

## Ideas To Cultivate Love & Gratitude

1. Offer yourself love and gratitude every day for stepping out to choose a new way of being by focusing your thoughts and energy on Love and Gratitude
2. Mandalas
  - a. Consider a visual meditation with the Love & Gratitude Mandala from this newsletter  
*(For a full size mandala image go to the "Knowledge Page" @ [www.FamilyNurturingTree.org](http://www.FamilyNurturingTree.org))*
  - b. Color or design your own mandala to center and connect with your love from within  
*(See [www.mandali.com](http://www.mandali.com) for a great selection of mandala books, flags, stickers)*
3. Check out your favorite music site/store's world, spiritual or folk section for music that connects you to and inspires your heart
4. Consider working with flower and animal essence vibrational remedies to shift your energies towards an awareness of Love & Gratitude

Here are two great places to start:

[www.greenhopeessences.com](http://www.greenhopeessences.com)

[www.animalessences.com](http://www.animalessences.com)

5. Perform a land clearing for your home, workplace, or favorite park or natural space to help keep Divine Love grounded during this cleansing and transformation time.  
*(See [www.greenhopeessences.com/landcleansing.html](http://www.greenhopeessences.com/landcleansing.html) for an exercise and explanation)*
6. Try a meditation using the words Love and Gratitude. Play with inhaling "Love and Gratitude" either out loud or silently or inhale "Love" and exhale "Gratitude." Find your own pace and rhythm. For fun, try it in other languages.

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**Coming January 2010 - Family Nurturing Tree Blog**

**I invite you to share your story knowing as we connect  
we create a community of support!**

[www.familynurturingtree.wordpress.com](http://www.familynurturingtree.wordpress.com)

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As an expression of Love and Gratitude, please include the web site and contact information - Light, Life, Love

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