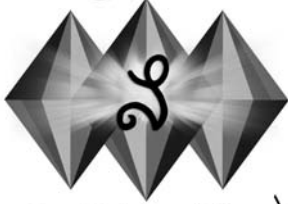


Keenawah



Co-Creative Spirits Merged As One

AMANDA BUTLER
CONSCIOUSNESS NAVIGATOR
Tel: 248.350.8997 Fax: 248.350.8993
Email: keenawah@comcast.net

Connecting The Dots ····

Create & Live Your Diamond Life!

January/February 2008
Volume III Issue 1

The Conscious Choice Column *Bridging & Weaving the Physical & Spiritual Together* Create & Live Your Diamond Life!™ Through The Universal Law of Reflection

INSIDE THIS ISSUE

- 1 Conscious Choice:
The Laws of Reflection
Tuning In
- 2 Continue Conscious
Choice Column
The Manifestation
Energy Form
- 3 Continue Tuning In
- 4 Diamond Life™ Services
Upcoming Workshops &
Healing Tools
Who is Amanda Butler?
Contact Information

Wow! Another new year? Where did all the time go? As you look back, did you achieve all that you set out to do last year? Are you where you want to be in all aspects of your life? How long did you follow through on your New Year's resolutions? Or did they sputter out within a few days or a few weeks?

Well, now we get to start all over again. The good news is 2008 is the year of New Beginnings! In numerology, it is a '10' year ($2+0+0+8 = 10$) which provides the positive energies of: creativity, expansion, progression and future oriented, leadership with courage, knowledge, interactive, self sufficient, high aspirations, and magnetic forces to assist in our creations. So in 2008 you can take all the lessons you've learned and completed from the past and apply them so you can consciously create your future. And this leads us to the Universal Law of Reflection . . . and is your life reflecting back what you envision?

The Law of Reflection is ultimately the representation and manifestation of "As Above, So Below". The Universe will reflect back to you what you shine into it. You may want to create 'be-ing' and living 'Heaven on Earth' within you and around you. However, that may not be what is necessarily showing up in your life if what you are sending to the Universe is somehow skewed. The Universe reflects back to you what you are giving to it through the expression of Self whether it is in your thoughts, words, feelings, or actions. And all of these are energetic vibrations which ultimately manifest as form in your life.

So if your life is not what you envision, ask yourself where are you out of alignment with your dreams. If you desire love in your relationships and life, are you expressing love to yourself and others? And, of course, you must begin by loving yourself first then share the love with others; not the other way around. Do you love yourself free of conditions or are

Please see Conscious Choice on Page 2

Tuning In

At times we wonder why things are not manifesting the way we envision. We put out our intentions, ask, pray, contemplate, and seem to be aware and present, but alas the physical manifestation does not occur. We think we are being 'good little girls and boys', following all the rules (such living purposeful lives, setting our intentions, giving gratitude, etc.) in order for a desire to occur, but it doesn't. We think we are listening to the guidance and following directives, but our dreams still do not come true. What are we doing 'wrong'!?!

We are not doing anything 'wrong'. We are learning and becoming aware of what we need to do in order to change our outcomes. When the outcome does not match our dream then we are not at the same vibration as our desire. We are not yet within close range of the vibration, and we are not aligned or harmonized with the vibration. Remember, everything is energy -- thus everything has a frequency and it vibrates at that frequency. This is why we talk about utilizing conscious language of your thoughts, words, actions, and feelings which means to consciously choose to create what you desire by being conscious of what

Please see Tuning In on Page 3

*This Monthly Newsletter
Connecting The Dots ····
is committed to revealing
& sharing the secrets*

*& co-creative processes of the
Universe & how it offers you ways
to remember your True Self &
to fulfill your Highest potential
through the dots that connect
optimal well-being, health, wealth
& prosperity on all levels. It will
give you insights & practical tools
to expand your awareness,
consciousness & opportunities
to create the Diamond life
you desire!*

Continue Conscious Choice from Page 1: The Law of Reflection

The Awareness Jar is a useful tool to retrain the egoic mind and uplift it into your Divine Mind.

The first step of creating the life you desire is to change what no longer serves you by becoming aware of your thoughts, beliefs, perceptions, and feelings that are filtered through programming and conditioning based on the past, fears, and others.



The Manifestation Energy Form provides you an opportunity to create from a balanced state of 'Be'-ing within all bodies of your consciousness ... Physical, Mental, Emotional, and Spiritual that is connected with the guidance of the Universe. The Blue Diamond that the Energy sits in radiates the Divine Truth of who you Truly Are and your expression in all that you do.

you judgmental and continually beat yourself up? What is the nature of your self talk? Do you pay attention to the thoughts, words, feelings, and actions that you have toward yourself? Many don't. This is an opportunity for you to become more conscious with your energy toward Self and others.

I love the Awareness Jar process to help people become more conscious about what they are truly creating within and around them. Find a big empty jar and list the types of negative energy you put out to the Universe. As you think, say, feel, or do anything negative that you have identified and want to change, you pay the jar \$_____ (decide on an amount that stretches you!). Some examples include: expressing lack or limitation, saying "I always or never", "I'll try", "I don't know", "I can't", "I should or you should", "I'm stupid", or you feel you're not good enough or worthy, think something is too hard, do not fully commit, gossip about others or continue passing on hearsay, not deal with a person directly, engage in negative name calling, or take things personally.

The moment you become aware of any of the above negative expressions or behaviors, immediately identify a counteractive positive expression or behavior. Now, tell the Universe to Cancel or Delete the negative energy you originally sent, then send forth your new positive energy by claiming it as if it is occurring in the present tense. Initially, this allows your small egoic fear-based mind to learn and be conditioned so it is uplifted into your Divine Mind and you will eventually feel it, know it, and believe it. You want to give your current mind a new job. The new job is to catch what you are honestly thinking, saying, feeling, and doing then to replace it with what you truly desire. You do it immediately as it happens. If you are at work or someplace else, you write it down and make sure to pay the jar when you get home! And no cheating! Commit to follow through on this for a minimum of 30 days with 90 days being optimum or until you have broken your old mind set and habits. Once you're done, go out and have fun with your \$\$!

If you are putting out to the Universe that you want love but doing the opposite of what you intend, the Universe will reflect back to you the energy you actually sent forth. Think of the Universe as your mirror. "Mirror, mirror on the wall, who is the ____ of them all?" If you are not the most lovable of them all (to yourself) then you cannot be that with others or expect the Universe to bring it to you. But the Universe will support you by bringing you opportunities to see where you are and are not love. This shows up as people and situations that bring you the experiences and lessons about love.

I found I kept attracting the same type of man in my personal Beloved relationships. I desired a relationship that was full of love, honor, respect, cherishing, nurturance, fun, compassion, passion, integrity, openness, intra-dependence (versus co-dependence), and honest communication. What I actually created was so far from what I desired that my body had to get my attention by becoming physically sick thus showing me, "This is not it!" The reflection was so intense so I had to look at why this was occurring. I knew it was not about who he was or was not; it was my journey to explore, discover, learn, and heal what was coming to the surface for me to address.

In being willing to go into the awareness no matter where it took me of why the relationship was showing up the way it was, I was able to be honest with myself even if the Truth was not pleasant. In being compassionate with myself, I was able to be present with the True energetics – the thoughts, words, feelings, and actions that I had rather being judgmental of what I was discovering from the past or what I was presently creating. The Universe reflected back to me where I needed to refine and learn how to love, respect, and honor of my Self more deeply and where I needed to communicate with my Self more openly and honestly. As I did this, I was able to admit to my Self that the relationship I was in no longer served me; I had experienced, learned and healed what I needed to so I could attract the man I truly desire. And interestingly enough, each man I date now is closer and closer to whom I envision my Self to be with in a committed Beloved relationship.

Remember the Universe provides you with an infinite amount of possibilities and opportunities; it does not create your life, you do. What will the Universe reflect back to you in 2008; what's in alignment and what's out of alignment within your expressions? What is it that you will consciously choose to create in 2008? It's your choice – you are the Master Co-Creator of your world!

Continue From Page 1: Tuning In

you think, speak, act, and feel.

If one does not feel the dream, one cannot manifest the dream. If one does not focus attention on the dream, one cannot create the vibration within. If one does not resonate to the vibration of the dream, it cannot manifest into physical form. When you are in resonance, you do not make or force something to happen, it seems to magically happen. This is the difference between creating through worry, anxiety, struggle, and living life in strife versus doing so in love, ease, grace, and Divine flow.

Each moment you can choose how and what you focus your attention upon and what you co-create in your life. Let's take money as an example of how you can change what you manifest. If you are continually saying, "I'm broke", or "I don't have enough money", or "There is never enough money", then what do you think you will create? The energy of your thought forms and words hold these vibrations within your energy field and bodies of consciousness . . . physical, emotional, mental, and spiritual. It also resides in your feeling state of 'be-ing' and you become "not enough money". Therefore, if you want to attain freedom from financial struggle and have more than enough money, you must change your focus and attention. When the focus and attention is changed, then you can become aligned with the vibration you seek.

When you envision, feel, and know "I have more than enough", you become it. It may not happen overnight but if you recognize that you are creating your freedom and feeling empowered with money step-by-step, with small and large successes along the way, then you come to believe and 'know' your financial wealth within all parts of your being. As an example, don't focus on the debt; focus instead on money flowing freely and easily into your bank accounts. Then take the steps necessary to achieve it. Do you need to realign the way you do things or how you create and/or spend money? Do you have belief systems and underlying patterns that do not value your worth or you feel you are not good enough to be successful? There can be many layers to your answers and to the clearing out of the 'muck' so to speak that keeps you small and stuck with limited possibilities.

We are a part of the Divine Creator and the Universe – remember we are all One. Even though we are in physical bodies, we are energy extensions of Divine Source and, foremost, vibrational spiritual beings. In each moment we are either aligned or misaligned with the Divine and Love – Living Only Vibrant Energy. We gauge this through our emotions – energy in motion. Your emotions tell you if you are resisting or allowing, and whether you are energetically aligned or misaligned. If you are unhappy with the status of your life but you resist giving up something that no longer serves you, you will get more of the same. How do you expect the Heavens to deliver to you when you keep doing the same thing? Or if you try to make bargains with your Self and Divine as to "I'll do everything that is asked BUT ____ (that one thing)." The 'yeah but' syndrome.

When you stay within the same frequency, your vibrations remain the same and nothing will change. You keep tuning into the same radio station (the frequency) instead of changing the station. The station sounds and feels like static and in fact can become very irritating, leading to other emotions such as feeling stuck, lost, uninspired, angry, or depressed. There is no clear vision and direction to create what you ultimately desire. Once you fine tune the station and it locks in, you will feel it and know it. There is an ease, grace, flow, and synchronicity to creating your dreams.

So how do you fine tune your radio station? By consciously tuning in and refining your thoughts, words, feelings, and actions that are not in tune with the vibration of what you want to accomplish. The refinement occurs by addressing energetic patterns and belief systems that are not in alignment with your intention. Healing energetic patterns and changing belief systems that no longer serve you provides you with a means to match your frequencies with the vibration of your intentions and visions. Until you feel and know the vision within all parts of your 'Be'-ing and bodies, your refinement is not as fine tuned as it could be. You will know you have arrived when you feel the confidence, the passion, and the love for what you are doing and how you feel about your Self and life.

A great example is when you are focusing on achieving a specific life or career goal. If the goal is to receive a promotion at work but you are not confident about your work and what you produce, or do not feel worthy of being acknowledged for your contribution, then the vibration you hold and the frequency you send out is "Don't pick me!" The result is you are bypassed for the promotion. Perhaps when you find yourself in such a situation, you may simply not believe you are good enough no matter what you do. The energetic pattern underlying your belief system could be a feeling of lack of worthiness or deserving to receive prosperity and accomplishment within your career. Many times there can be multiple patterns and belief systems that intertwine with one another so as you begin to heal a particular pattern, there will be others that reveal themselves. It is like unraveling a cloth and then reweaving it which changes the pattern within the cloth. Once you heal the underlying causes and complete the energetics behind why you may think or feel the way you do then your frequency increases and your vibration raises. Thus by choosing to become aware of your patterns and commit heal them, you *can* tune in to Create & Live Your Diamond Life™!

The Diamond Life™ Personalized Services

Do you feel empowered in your life?

**Are you in control of your relationships,
your vision, your destiny & your dreams?**

Do you feel centered, balanced & at peace?

Are you happy & fulfilled? If not, then . . .

**Heal the Past to Be Present in the Moment & Consciously
Create the Future! Why Invest in Your Self? Because You're
Worth It! You can be happy, feel empowered and passionate,
and achieve your desires through Diamond Life™ Services . . .**

The Diamond Power Within™ Energetic Healing Sessions:

Energetic Re-Patterning, Re-Alignment & Re-Balancing; Resolution & Completion at Root Cause Levels of Present & Past Life Energetics; Re-Membrance of your Divine Self; Co-create Authentically & Powerfully from the Truth of Who You Are in Every Aspect of your life; Create your Diamond life through Compassion and Love – Living Only Vibrant Energy!

Conscious Choice Coaching: Become Aware, Connected & Focused; Learn Conscious Language & Meditation; Empower your Self and your Mission, Vision & Purpose Each Day to Manifest Your Dreams.

Soul Readings: What is Your Soul Trying to Tell You? What No Longer Serves You? What Are the Changes You Need to Make? Clarify Your Path & Direction.

Detoxify & Rebuild Your Bodies: Improve your Health & Well-Being on All Levels with Amazon Herbs & the IonicSpa Footbaths! For the Herbs, go to www.keenawah.amazonherb.net for more info or to order online.

About Coaching & Sessions: “During the course of the last year, I clearly recognized that healers and teachers need support and guidance when presented with challenges in their lives. As a recent Cancer survivor, there were many ‘stepping stones’ I needed to acknowledge, surrender, and cross to become whole again. Amanda’s guidance offered me the support and direction to allow me to find the strength I needed to improve both personally and professionally. I am truly grateful!” – Janice K. Larys, RN, Livonia MI
“I had a session and in one day my entire world changed. Who Amanda is and what she does is amazing.” – Takara, Author, Santa Fe NM

**GRAND OPENING!!! Sat & Sun 2/8-2/9, 10am-4pm
with FREE Intros of Services & Presentations!**



32732 Northwestern Highway, Farmington MI 48334
Call 248.932.999 To Schedule Your Diamond Life™ Service
Appointment; Available In-Person or Via Phone.

For More Info about Workshops, go to www.stellargaia.org!

For Info about Products & Services or To Register for Classes,
Call 248.350.8997 or Email: keenawah@comcast.net



Amanda Butler is a Consciousness Navigator who inspires, guides, educates, and supports individuals and groups in their exploration and discovery of their Diamond essence, their desires, and their True purpose. As a teacher and healing catalyst, Amanda Butler is President of Keenawah & Associates, LLC and Founder of Stellar-Gaia Alliances. Her mission and passion is to spread the consciousness and vibration of Love with others through healing the past, enlivening the spirit, and empowering the True Self. She assists others to realize their Brilliant Facets of Self and to create their Diamond Life through unique energetic healing, Re-patterning, Re-alignment, Re-balancing, and Co-Creative processes. She is the author of the Conscious Choice column in Michigan’s Body Mind Spirit Guide, the Create & Live Your Diamond Life™! column in the online Conscious Mind Journal, and her own FREE Connecting The Dots bi-monthly newsletter in which you can subscribe.

Get Back to Basics & Take Care of Your Self!

Step 1. Learn how to relax, connect within & feel empowered to manifest what you really want in life!

Step 2. Explore who you Truly are and what it is that you Truly desire – most people really do not know what it is they want let alone to follow their Divine path, fulfill their purpose & feel passionate about life! It’s okay, it’s all there & all you have to do is tap into it & move forward!

Step 3. Discover, change & realign your patterns, belief systems & perceptions that limit & block you from creating the life, relationships, career & dreams you envision.

Step 4. Find out how to heal your past so you can create a new foundation based on love rather than fear, by bridging the Spiritual with practical Physical applications!

Be supported while learning how to empower your Self by integrating and practicing Universal Laws, spiritual principles & meditation within your life!

The Consciousness Empowerment Group

Every Other Wed, 7-9pm, Call for upcoming dates. Can Join in Any Time, \$40 per Month/\$105 per Quarter/\$25 per Class, Notebook Included

Begin the New Year Focused & On Purpose!

**2008 is the year for New Beginnings – what will you do?
Discover or Refine Your Desires & Expand Your Vision!
Create Your Vision Board & Manifest Your Dreams**

*Sat, 2/16, 10am-2pm with Follow-up Class on Wed, 2/27, 7-9pm,
\$60, Materials and Workbook Included; Held at COTW*

**Do you keep creating the same type of relationships and situations in your personal and/or professional life? Are you ready to give it up and create a new way of ‘be’-ing?
Healing Present & Past Life Energetics**

FREE Intro – Wed, 1/16 or 3/5, 7pm at Body & Soul, Farmington Hills Workshop – Sat, 1/26 or 3/8, 9am-3pm, \$80 With Workbook; At COTW

COTW = Church of Today West, 32500 W. 13 Mile Rd (West of Orchard Lake Rd on north side), Farmington Hills, MI 48334

About the Workshops: “Excellent way to gain insight into destructive patterns and find healing.” – Ruth, Psychotherapist, Lake Orion MI
“It helps to better understand why we do the things we do and how we can break the patterns to create a better way of being.”
– Karen, Business Analyst, Livonia MI

Other Tools to Assist You to Release & Heal the Past

Order the **Healing Present & Past Life Energetics** CD which includes teachings about energy patterns, their effects on your life decisions and creations, why you attract what you do within your life and a Healing Present & Past Life Energetics Meditation so you can utilize it as a healing tool over and over when issues arise! Only \$25.