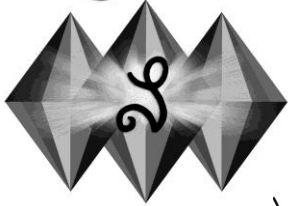


Keenawah



Co-Creative Spirits Merged As One

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Connecting The Dots ····

Create & Live Your Diamond Life!

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Volume II Issue 6

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

INSIDE THIS ISSUE

- 1 Conscious Choice:
The Laws of Forgiveness
The Relationship Energy
Healing Meditation
- 2 Continue Conscious
Choice Column
The Unified Heart
Energy Form
- 3 Continue Meditation
- 4 Diamond Life™ Services
Upcoming Workshops &
Healing Tools
Who is Amanda Butler?
Contact Information

Imagine waking up one morning and there is a glow about you, burdens of the past have been lifted, the heaviness of your heart has been lightened. You no longer are filled with pain, grief, anger, or resentment, and your spirit feels free to live once again. You feel an energy that allows you to love and create from your brilliant Divine Essence! You may ask how can this be, how can this happen for me?

It is through the Law of Forgiveness that the gates open to the Kingdom of Heaven, but it's not the Heaven above. Rather it is the Heaven that we can create within and here on earth by fully embracing the vibration of Love (Living Only Vibrant Energy). If we lived in a world in which only love and acceptance existed, would we need the Law of Forgiveness? We would not. Forgiveness is needed because at some point, there is judgment or blame of Self, others, or a situation. When judgment and blame occur, separation is created, and love is no longer present. When love is present, there is no longer separation or the need for forgiveness.

"Forgiveness of another (or your Self) restores the truth of one's own being. It brings freedom, transparency, and the restoration of life. Any process leading to understanding can accomplish this. When your life is transparent you are free, wise, and of service to all," wrote Glenda Green in *The Keys of Jeshua*. However, forgiveness cannot be only a mental process through rationalization, thoughts, and words, it must be felt within the heart and given from the heart. Forgiveness is a tool and empty words or gestures cannot bring to us the energies of love,

Please see Conscious Choice on Page 2

The Relationship Energy Healing Meditation

Become quiet within by taking deep breaths through your mouth and sitting or lying down (uncrossing legs and hands) in a sacred space you created. Burn incense and candles, put on soft music if you desire, and have your special crystal or items by your side or on your heart. Continue the process of breathing through your mouth and invoke Divine Source, your higher Self and I AM presence, your Spirit guides, angels, Archangels, divas, faeries, Ascended Masters, Mother Mary, Jesus, Buddha, whomever you wish to assist you in your process.

See a beam or pillar of light (any color you desire or that shows up, typically it is a golden white light) extending from your heart chakra (heart area) up through your crown (top of head) and down through your perineum (area between your legs), passing along your spine through your chakras (energy centers within your body) connecting you to Source and grounding you down into the center core crystal of the

Please see Relationship Meditation 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 Forgiveness

The definition of insanity is when you continue to think the same, feel the same, express (or not express) the same, and do the same but expect different results. Change is a natural – choosing to be a victim or martyr is not!

compassion, and acceptance. Forgiveness allows us access to such vibrations, feelings, and knowingness.

Why is there a need to forgive? The lack of forgiveness creates grief, despair, resentment, and anger within your heart and mind. It skews your perception of what's really True, leads you to make assumptions and decisions based on false perimeters, and generates unhappiness and lack of fulfillment within your life. The wound is an incomplete energetic cycle and, if left unresolved, it is perpetuated in other relationships and situations and can eventually manifest as physical illness and dis-ease within any body of consciousness.

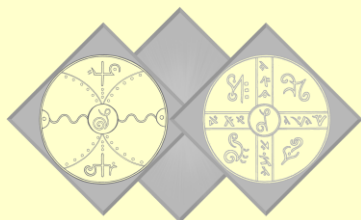
Understand, we invite people and situations into our lives so we may create, experience, learn, heal, and/or grow. It may be for one or all of these reasons. In doing so, we are playing out karmic relationships or soul agreements. Karmic relationships are based on balancing a deficit rather than a soul agreement is to fulfill a common purpose where there is a sense of harmony for those involved. Karma is a contract in which two souls have agreed to complete a specific lesson or an energetic cycle from the past.

Some karmic relationships can be quite challenging while others are extremely gratifying and productive. It depends on the nature of the agreement and the maturity and perspective of the individuals involved. If the agreement is about healing the past, judgment usually exists about Self or one another and forgiveness is necessary. Within the experience of judgment, one is right or wrong, good or bad rather than the acceptance of just 'what is'. There is comparison that one truth is better than or less than, one is more valued while the other is undervalued. Understanding the true sense of Nature, all truths are actually the sum of the whole.

Forgiveness is not about condoning an action that may have hurt you, but it is an understanding and honoring of why it occurred and the process of letting it go. It is not about forgetting what happened but about accepting what was and what no longer will be. Have you heard "I forgive you but I'll not forget what you've done!" and it is said with malice and vengeance? Know that this is not True forgiveness. Forgiveness is about moving away from the past which is dead energy to the present of where you and the other are today. Did you learn, grow, and heal from your experience? The past is a record to be utilized for discernment but not to keep your Self or another in a box which no longer is True and no longer serves either of you.

Honoring and accepting one's own and the other's unique truth, you create a bridge for each to freely create and live their own soul's purpose and path. As each person is unique, so is their path, my path is not yours and yours is not mine. It is the honoring of the paths that allows the freedom for each to uniquely express.

The Unified Heart Energy Form associated with the Law of Forgiveness combines the Masculine and Feminine Heart Forms with a bridge utilizing the energy of the Blue Diamond. The Blue Diamond holds the Divine Truth of your Divine cell consciousness. By utilizing these forms through breathing the infinity breath, you are assisted in letting go of the past and forgiving your Self, others, or situations. As you breathe out your pain into the forms, you must create the intention of healing and forgiveness then breathe back in the energies of love, compassion, understanding, and acceptance. Allow the forms to help you release the pain, even if there is resistance or the need to hold on or to be right; commit to receive the transformation from pain to love and joy. You can consciously choose to open your heart to your Self, the other, or the circumstance and to love once again!



The Unified Heart Energy Form has two different Energy Forms associated with it. As with your biological heart, there is a right and left ventricle each having its own qualities, function, and purpose that they provide to you. The same is with each of these Energy Forms as the right one holds the Masculine energetic qualities and the left one holds the Feminine energetic qualities providing you with their aspects as well as the ability to blend the energies together and create a unified field of Oneness and Love within and around you. For more information about the Masculine & Feminine Qualities, email us requesting your Free Chart describing their various aspects.

Continue From Page 1: Relationship Meditation

the earth. The energy is flowing up and down within the pillar of light. See the energy spread throughout your bodies (physical, emotional, mental, and etheric/spiritual) permeating and saturating all cells and all parts of your being, your cellular memory, and all adamantine particles (the minute form of creation) expanding and transcending all time, space, and dimensions, all parallel realities, throughout the past, present, and future.

Call upon your soul and the other's soul and visualize your Self and the other as beautiful balls or beings of light; each may be a golden white light or another color. Let the color and form be whatever comes. Ask for the two of you to be enfolded in another ball or flame of light so you both can sit within it. Acknowledge and sit for moments within the energy of your Divine Selves that you are. Feel the vibration of total love, acceptance, and honoring you have of your Self and the Other, setting aside the past and only being present in the moment and in this energy of love. If you have difficulty doing so, ask your defensive mind (the need to be right, the need to hold on to what it knows, or the need to protect you) to step aside to allow your heart to engage.

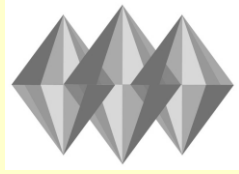
Now project a beam of light from your heart to the other and see them doing the same. Ask for Divine love, order, and any healing(s) needing to occur at this time within you individually and collectively as two souls. Be willing to forgive your Self and the other as well as ask for forgiveness from the other if needed. Give it and feel it from the heart. If there is anything else you would like to ask or intend, then do so in the full understanding that only the Divine love, order, and free will choice in each of you will be served.

Give and feel full gratitude and appreciation of who You are and who They are. Ask for these healing frequencies to filter down into physical reality and forms, shifting the energies and vibrations of physical reality back to its original form of Divine love and connection with God within each of you and between you on all levels of existence and creations. Ask for the frequencies to permeate your cellular memory, belief structures, and the matrixes (energy patterns) held within you and between you and the other, releasing and exchanging your adamantine particles (may look like golden white twinkles of light) with those of the past with the other, bringing forth and replacing your adamantine particles and re-patterning your cells, beliefs, and matrixes to Divine Self, love, and order within all parts of your being, transcending into all time, space, and dimensions, all parallel realities, in the past, present, and future.

Bathe in the warmth of this light and experience so you can remember what it feels like to be in this place of peace, love, and knowingness of your Self and the Other. When you are complete with the process, come back into your body and mind closing the session with a prayer of gratitude and expectation of Divine Love and Order. Remember you can call upon this experience and call forth these vibrations at any time especially in times of challenge and stress.

SUGGESTIONS: Continue with this process as there may be layers and it could be days, weeks until you feel the shift(s) complete within yourself. Know that this is only about yourself and your choice; it is not about changing the other. Hold no attachment as to how the outcome or result looks or feels. The other has free will as you do. They may choose a different path and not shift in your relationship (which may part of the Divine order). Your choice is to continue to hold yourself in Divine vibrations and shift your fear-based and defensive reactions to a response of Divine love. Divine Order means it may be different than what you thought or envisioned, but trust and believe that Divine Source has a Divine Plan for your greatest potential if you so choose it.

NOTE: This can be done for situations and issues you create in your life. Remember you are the Co-Creator of your life. Nothing is done to you, it is only done for you, as you or your Soul has requested of Divine Source and the Universe through a conscious or unconscious choice and intent.



The Diamond is the energy within you that holds your full potential Divine-cell consciousness which is your True Essence. The Diamond Life is the fulfillment & manifestation of your visions & dreams through the Brilliant Facets of your Diamond essence & Love – Living Only Vibrant Energy!

As tools for further assistance in awareness, healing, and expansion, consider using flower or gem essences such as Dancing Dolphin Essences, Diamond Trilogy, Gem, or Numerology essences, Roll-on Aromatherapy Essential -Oils, Pendulums, and Crystals to support you in creating, integrating, and maintaining the frequencies you wish to experience and the vibration into which you have shifted.

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 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

We are moving to a New Location beginning 01/09/08!



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, To Order Products or
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, 1/12, 10am-2pm with Follow-up Class on Wed, 1/23, 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, 7pm at Body & Soul, Farmington Hills
Workshop – Sat, 1/26, 9am-3pm, \$80, Workbook Included; 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.