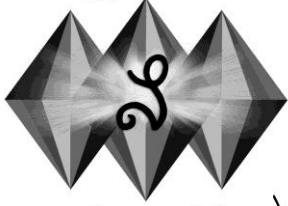


Keenawah



Co-Creative Spirits Merged As One

Connecting The Dots ···· Create & Live Your Diamond Life!

September/October 2007

Volume II Issue 5

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The Conscious Choice Column *Bridging & Weaving the Physical & Spiritual Together* **Create & Live Your Diamond Life!™ Through** **The Universal Laws of Perfection & Pure Potentiality**

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Acchhhh! It's not right! I can't seem to get it! Why am I so afraid to go for it and get it done? Do I fear success, failure, or a little of both? When will my life be different? When will I come to understand what it is that I am to do with my life and how to fulfill my purpose? When will I feel worthy, deserving, or good enough to manifest it and receive from the Universe the abundance of my Highest Potential? Are you hearing my confusion, despair, and prayers!?! Is anybody out there listening!?!

Ever have one of those days? If so, here is a reminder of two Universal Laws which can assist you in navigating through those pesky thoughts and feelings of worry, doubt, guilt, shame, lack of self-esteem and confidence, depression, pain, or just plain being tired of it all. The first is the Law of Perfection. Divine Source only sees the perfection of who you are in any given moment. There is absolute perfection in the unfolding process of your life on this planet and within your soul as you continue to evolve. There are no mistakes. There are only experiences along the path of learning, healing, growing, and achieving (consciously or subconsciously). From a transcendental perspective, every person and every thing is already perfect. There is ultimately nothing to fix, only the continual refinement and emergence of our True nature.

Divine Spirit does not judge or withhold love. It always loves and supports you no matter what you perceive you or others have done or not done. When we can approach ourselves, our purposes, our projects, and our lives from the basis of the Law of Perfection, judgment can be released and freedom is ours. When we embrace our life as a process, a journey, and not a destination, we can then relax into the flow of our life as it continues to evolve and expand. When we understand and allow that there is a bigger picture than what we can perceive, we learn to become more loving, compassionate, and joyous within our Self and with others. However, when we hold onto only that which we know or see at the moment, usually from the perspective of the past, then we perceive imperfection.

Please see Conscious Choice on Page 2

'Be'-ing Authentic & Intimate With Your Self & Others

What is it that you have to release from the past in order to Create & Live Your Diamond Life™ in the present? What illusions must you let go of so you can embrace the Divine Truth of your life, or within a situation, or with a person? We can discover what has been 'running' our lives. We can see how our lives show up due to the 'stories' that we have decided to accept and create from within. We can change it by allowing and surrendering into the Truth of ourselves and others. We can claim and own our destiny and our Divine Love.

And to do so we must shed the 'stories' that are made up from fears, illusions, energetic patterns and belief systems that have been created from past experiences. They show up as our masks, our egos, and our inauthentic Self in order to keep us safe, secure, and hopefully loved and accepted. The process of letting go must involve us to become authentic and intimate (Into Me I See) first with and within the Self and then with others. Being authentic means that you cultivate an awareness of what you are really thinking, saying, feeling, and doing. It is about being present with your Self in every moment and be willing to feel how life is showing up for

Please see 'Be'-ing Authentic & Intimate 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!*

*Success is Self Unifying
through Conscious Choice
to Energize Simplicity
and Synchronicity*



The Chalice Energy Form provides you opportunities to give unconditionally and without judgments to your Self and others and assists you to open up to receive the infinite possibilities and abundance from the Universe. The Blue Diamond that surrounds it radiates forth the expression of your Diamond essence which is the Divine Truth of all that you Truly are and do. By meditating with the Energy Form and using it for healing, it will help you to transmute any energy that blocks you from seeing, feeling, and knowing your Diamond essence.

To find out more about the Energy Form, see contact information or you can also order this Energy Form from www.cafepress.com on mugs, clothing, tote bags & much more! Check it out for other energizing & fun stuff!

Continue Conscious Choice from Page 1: The Laws of Perfection & Potentiality

As we embrace the perfection of our lives, then the second Law – that of Pure Potentiality comes alive. The Source of all creation is pure consciousness which seeks to express and manifest itself from the etheric realm into physical form. When we discover our True nature which is our Diamond Divine-cell consciousness, we then have the power within to manifest anything and everything in the Universe. As we come to know and align more deeply with our core Diamond essence, we have the ability to fulfill any goal or dream we have because there are eternal possibilities and probabilities that we can tap into. We can consciously choose to create our Diamond Life!

What is a Diamond Life? A Diamond Life is the living and ‘be’-ing the vibration and consciousness of Love – Living Only Vibrant Energy. It is the fulfillment and manifestation of your visions and dreams in all aspects of your life. It is the remembrance and return to creating all that you are and do from within your Diamond essence which is the Brilliant Facets of your Divine-cell consciousness. Your Diamond power within you radiates forth and expresses your uniqueness while creating life from a foundation based on Love, integrity, and alignment with your Diamond essence. This occurs when you consciously choose to allow your illusions, falsehoods, and fears to fall away, surrender into what is in your Highest Order, and claim the perfection that you already are!

Just as we are carbon based in design within our biological/chemical human structure, so is a diamond. A diamond is formed when carbon atoms bond with each other under high temperature and pressure, thus transforming them into crystals. Each carbon atom bonds to four other carbon atoms and if this new structure continues to bond and lock into place with other groups of carbon atoms, a crystal begins to form. As they repeat this network, they grow large enough to produce crystals that we can see. The end result is a diamond which is the hardest known substance on this planet! At times, the carbon atom may choose not to bond, breaks apart, and separates from the others. Apply this same concept as to how we can intimately bond within Self and with each other to create even more brilliance, beauty, and love, or we can choose to break down and separate from our True essence and from each other.

Each diamond is unique with its multiple facets and colors. From a Meta (Spiritual)-Physical view, we are born as a unique diamond in the rough. Humans are more than 18% carbon and the air we breathe contains traces of carbon. Some say we are transforming into more of a crystalline human structure as our consciousness expands and our vibrations rise to ‘be’-ing love. We are merging and blending the spiritual and physical, becoming unified and One within, with others, and the Universe.

There are living examples today of those who radiate more from this Diamond foundation based on love rather than fear, who have more expanded Universal views and spiritual (not religious) ways of life, such as the Dalai Lama, Mother Theresa, Gandhi, Sai Baba, Ammah, and the Indigo or Crystal children. Their journey begins within rather than from the outside of Self. They do not need outside validation, acceptance, or love in order to survive or thrive . . . it is all within them and radiates forth from them.

As the diamond is formed due to the carbon atoms being under heat and pressure, we humans seem to manufacture our own stress process. We do so through creating crises, dramas, and chaos within our lives in order to embrace change and evolution. Some choose more drastic measures and circumstances . . . abuse, accidents, incarcerations, disease, death. Some are just angry, resentful, spiteful, or unhappy. One day they combust with some one, some thing, or with life in general. When the dust settles, they have a choice to view this experience as an opportunity and a gift, to understand and learn from this life gem, and to heal the pain. As we continue our life journey, we can consciously choose to explore the beauty of who we are and shine forth our Diamond essence versus living out the conditioning, judgments, illusions, or fears from the past, and what we think we are or are not.

Understand the carbon atoms were already perfect but they wanted to expand and create something new . . . they were claiming their pure potentiality. They became a diamond in the rough and over time their brilliance shined through. Their transformation was not about imperfection, it was just the next step in their evolution and fulfillment of potential. Living Only Vibrant Energy thrives through the acknowledge-ment and acceptance of your perfection and the eternal possibilities of your pure potentiality. You have at your beaconing call the immeasurable potential of All that was, is, and will be. It is never too late and every step along the way has brought you closer to your Highest Potential whether you realized it or not. You can consciously choose to Create & Live Your Diamond Life!TM and let your Brilliance shine forth!

Continue From Page 1: 'Be'-ing Authentic & Intimate With Your Self & Others

you whether you like it or not, whether you are comfortable with it or not.

Many people are not aware of or present with their emotions because they numb out the feelings they are having which could be through disassociations or addictions such as alcohol, drugs, sex, shopping, and even to drama. They do not look at why they feel the way they do, what triggers the feelings, or the reasons behind them. Emotions are energy in motion and a great gauge for what you are feeling. For example, depression is a state of 'stuffing' or suppressing emotions. They may not be willing to recognize or accept what they are truly feeling. It might be too scary for them to become intimate with themselves by exploring where the feelings are coming from or what may be the pain or wounds from which they are sourced.

Being authentic also means that you give voice to your heart and mind with clarity, love, and compassion, both with your Self and with others. It is about taking ownership of where you are in any given moment and know that what ever it is, just is. It means accepting your Self and others just as who and what you and they are. It means releasing expectations and outcomes that you or others must 'show up' a certain way. It is releasing the attachment or any judgment of what love, acceptance, success, etc. is in order to be loved, accepted, or successful.

It is also learning how to genuinely give and receive love and the abundance of the Universe. Our authentic self is the Diamond within us. It does not withhold love or an expression of love, i.e. a hug or compliment, due to not liking what someone said or did, or even if you are unhappy with your Self. If you withhold love from your Self or others because of what you created within your life, or that which you co-created with another, you are living a life lacking authenticity.

A lack of authenticity is present when you are not looking at what is *really* there, if there is judgment, or if the most important thing is being right or looking good for appearances sake to your Self or with others. Living authentically is about facing the Truth and 'be'-ing real with your self, a circumstance, or a person. As you allow intimacy with your Self and others, the Truth of any energy will prevail. Allowing and surrendering into the Truth of the energy does set you free to choose and create differently.

The fact of the matter is that sometimes you or your life just isn't what you desire it to be. You may have to learn a lesson, heal a wound, or clean up the past, which is all part of the journey to experience, grow, and evolve. And that's the fun of life, we get to create it the way we want to as long as we are willing and committed to let go of the pain, trauma, wounds, anger, resentment, and victimhood. Know that it takes more energy to deny the Truth rather than to embrace and accept it. When you do so, you feel empowered and have the strength, centeredness, balance, and clarity within to change or refine it!

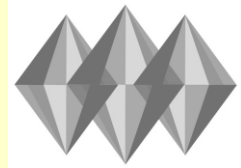
It's your life, so why not make it a Diamond one? You're the master, not anyone else nor anything else. Choose it and it shall be yours!

**What to explore? Utilize your breath, meditations, journaling, and
dreams to provide you with the insights of the following:**

Exploration 1. List the 'stories' that are being played out in your life, i.e. "I never have enough money" or "All the good ones are taken". What do you perceive that you will lose if you live in the Truth of your life? What 'stories' will you have to give up in order for you to become authentic and intimate with your Self and others? Where does fear stop you from being authentic and intimate? Name the types of fears.

Exploration 2. Where are you lacking authenticity in your life? With your Self? With others? How and where are you not willing to be intimate with your Self or with others? Where do you not accept yourself, others, and humanity as a whole? As you answer these questions, list out the ways you are or are not authentic, intimate, or accepting.

Exploration 3. Choose one 'story' that you are willing to give up. Many 'stories' are woven together so you may find more than one as you enter into the surrender process. What energetic patterns and belief systems support your 'story'? Create a simple affirmation that affirms the Truth. In meditation and writings replace the 'stories' with the intentions and possibilities in co-creating the Truth for your Self and with others.



**The Diamond is
the energy within
you that holds your
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!**

**Responsibility is the Ability to Respond!
Possibility is the Ability of All Things are Possible!
Potentiality is the Ability to Achieve Your Highest Potential!
Funability is the Ability to Have Fun in Creating & Living Life!**

The Diamond Life™ Personalized Services

**Do you feel empowered in your life?
Are you in control of your relationships,
your destiny, your vision & 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 of Present & Past Life Energetics; Re-Membrance of your Diamond Essence & True 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

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

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

For Info about Products & Services, To Order Products & Schedule Your Diamond Life™ Service or Register for Classes, Call 248.350.8997 or Email: keenawah@comcast.net

Diamond Life™ Services are available In-Person or Via Phone.

*Workshops & Classes are held in Southfield, MI
Cash, Checks & Credit Cards Accepted. Payment Plans Available.*

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 the practical Physical applications!

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

BRAND NEW! The Diamond Empowerment Group

Wed, 11/7 & 11/28, 12/5 & 12/19 (2008 TBD), 7-9pm, Can Join in Any Time, \$55 per Month/\$150 per Quarter/\$30 per Class, Notebook Included

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

Sat, 11/10, 9am-3pm, \$80, Workbook Included

Begin the New Year ahead of the game!

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

Sat, 12/1, 10am-2pm with Follow-up on Wed, 12/12, 7-9pm, \$60, Materials and Workbook Included

Release the drama from the holidays, your family & your past by giving your Self a Gift during this stressful time! A Workshops to Re-Align Your Life . . .

Experience Patterns Interrupt-A

Sat, 12/15, 10am-2pm, \$55, Workbook Included

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.

Ask About the Diamond Power Within™ Gem Essences, Dancing Dolphin Flower Essences, or the Essential Oil Roll-ons as your Vibrational Healing & Expansion Tools!



Amanda Butler is a Diamond 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 has her own Connecting The Dots bi-monthly newsletter.