

# Pathways to Spirit Institute

## Centre for Spiritual Development & Growth



## Namaste – Newsletter



November 2019

*“In these changing times  
the only investment worth  
making - is in yourself.”  
“The purpose of our lives  
is to be happy”*

*Dalai Lama*



### Inside this issue:

- Your are not alone 1
- Path of Progression 2
- Metaphysical Fact 2
- Timely Reminder 3
- Your are not alone 3
- Voice of the Universe 4
- Keep Yourself Safe 5

**“When you truly  
realize your worth,  
you cannot help  
but shine”**

## You Are Not Alone!

By Devi Parvati Dombkowski

**Guardian Angels, Archangels and Ascended Masters are always by your side.**

Every human being desires to not only feel loved, but to give love as well. It's innate within each of us to want to connect with others, to want to be open and to live an authentic life. We want to love and to be loved in return. Expressing love and sharing kindness takes such a small effort yet has an enormous effect. This ripple of love surpasses anything anyone could imagine if they would just simply allow this love to come in. I know that anything is possible with love – as love is all there really is. There is an essential need for people to grow together, support one another and walk together as both human companions and soul companions.

*“Why should I stay at the bottom of a well, when a strong rope is in my hand?” ~ Rumi*

This quote by Rumi reminds me that we are not alone, and that there is a great amount of love and support available to each one of us. The rope is an analogy for our support system. Our family and friends are in our lives for a reason. Sometimes, they do not know that we need assistance so it is crucial to actually ask for help when we need it. In turn, offer your support when you can to others. Our friends are the souls we have chosen to accompany us on our journey in this lifetime, and are an important part of our learning and growth.

In addition to the support network of our friends and family, each one of us has a guardian angel, which has been with us since the moment we were born. We also have access to all of the Archangels and Ascended Masters. The angels continue to remind us that they are with us standing by ready, willing and able to assist. All we have to do is ask for their assistance as they cannot intervene in our freewill choices unless the consequences are dire, and it is not our time to depart the earthly plane. We can call upon them for assistance at any time as they are available to everyone. You do not need to reference any particular Archangel or Ascended Master to receive support. Simply say, “Archangels/Ascended Masters, I call upon you now!”

However, if you do wish to call upon a specific Archangel based on their specialties, I have provided a short list for you here. Please know that there are many others. I encourage you to seek resources to learn more about the Archangels and Ascended Masters.

### List of Angels

Michael ~ strength, courage, determination, protection  
Raphael ~ healing  
Gabriel ~ communication  
Uriel ~ knowledge, understanding  
Chamuel ~ opening the heart, peace  
Ariel ~ manifesting  
Metatron ~ writing, achieving potential  
Sandalphon ~ carrying prayer to God  
Jophiel ~ beautifying thoughts, clearing clutter  
Jeremiel ~ past lives  
Raziel ~ sacred geometry, abundance  
Zadkiel ~ forgiveness

Continued page - 3 -

# The Path of Progression Course

Are you searching for answers in your Life? Do you feel like there is more to life than what you are seeing? Do you yearn for more peace, more balance, more joy, more happiness, and more spirituality in your life? Do you intuitively know that you have a purpose to fulfill in life but don't know which direction to go?

Are you asking yourself, **"Where Do I Begin?"** in your spiritual search?

If you seek a higher level of understanding, if you suspect there is a greater purpose for your life, to your journey on this planet, then join us for this intensive course.

The journey of self discovery is the most rewarding adventure anyone can embark on. We offer many classes and programs that can give you answers and help you in your spiritual expansion. However there is a "hidden" progression of knowledge in our classes that will really help you advance in your spiritual understanding.

By following this "Path of Progression" Intensive Course you are able to take all our classes in a specific order. Each class builds upon the last. Within a two (2) to four (4) months period you will reach a new depth of understanding about your Soul's Mission in this lifetime; and you will begin to transform your life and manifest your dreams.

If you are ready please give us a call or email us. We will build this life changing journey around your schedule. The Path of Progression is not for the faint-at-heart. We are looking for sincere students who are ready to make a commitment to their spiritual growth and want to be of service for humanity's evolution and transformation.

**If this resonates with you...let's talk!**

## A Metaphysical Fact

"It is a metaphysical fact that for each minute of time we spend in thoughts of unfavorable impressions, unkind criticism, or hate toward any person, there will be hours of physical and mental suffering as a reaction.

The first thing to do, then, in considering the relief of any mental or physical condition is to analyze your mental self over a period of time preceding the condition and discover what thoughts, attitudes, and conditions of mind you have held or expressed, and immediately eliminate this attitude by reversing your opinions, thoughts, and holding thoughts of love and kindness instead. In other words, the poison from the mind that has been eating at the very heart of every cell in your body must be eliminated before any treatment can be given to relieve the ultimate and outer manifestations.

Any other process is merely treating the outer manifestations as though giving them a drug to nullify the senses without removing the actual cause."

~ H. Spencer Lewis



# Namasté

*(nah-mas-tay)*

*My soul honors  
your soul.  
I honor the place in you  
where the entire  
universe resides.  
I honor the light, love,  
truth, beauty and peace  
within you, because it  
is also within me.  
In sharing these things  
we are united,  
we are the same,  
we are one.*



*The Key to Abundance  
Join us in our monthly  
Intenders Circle  
Check our calendar  
page at our website for  
dates:  
[pathwaystospirit.net](http://pathwaystospirit.net)*





*"There is no you, no me.  
We are one.  
That is the truth.  
Love brings people together.  
So respect love.  
Do not degrade it with anger,  
violence or lust.  
Love is worship."*

*~ Sri Amritananda Natha  
Saraswati ("called Guruji"),  
he was Devi Parvati's Teacher.*

## You Are Not Alone!

Therefore, as an example, you would say, "Archangel Michael, I call upon you now. Please provide me with strength, courage, and protection during this time."

Meditation is an excellent tool to connect with YOU. In doing so, you are connecting with your Higher Self, your angels, your guides and even your loved ones in the spiritual realm. Meditation comes in many forms. You may choose to listen to a guided meditation, simply sit quietly or even go for a walk. Each of these methods ultimately has the same end result – connecting you to your soul. It is necessary for you to select the appropriate form of meditation that resonates with you.

*"Good for the body is the work of the body, and good for the soul is the work of the soul, and good for either is the work of the other." ~ Henry David Thoreau*

Cultivating a relationship with your guides is beneficial and refreshing. I needed to strengthen and cultivate the relationship that I have with each one of my guides. I recognize that they are patiently waiting for me to communicate with them regularly rather than rely on them periodically. I previously viewed them as a collective rather than separate entities. Now, I feel the tremendous need to recognize their individuality.

I have opted to go into meditation on several occasions with the specific intent to learn more about each one of my guides. I chose to do so silently rather than using a guided meditation. They presented themselves to me one at a time, and I acknowledged their presence. I recognize that I definitely need to spend time daily cultivating the relationship that I have with each one of them. My guides assist me daily in my work. I feel like it is important to mention that it is extremely comfortable and minimal effort is required to connect with your guides. Doing so is as effortless as picking up the telephone to call a friend only no charges are incurred for making the connection.

For me, I pay attention to the nudges and whispers and will pause to meditate as I am guided to. There is no minimum or maximum time limit required to do so. I simply allow myself to be. In doing so, I feel the Divine energy that surrounds me. I allow it to envelop my entire being, and I give thanks for All That Is. Being thankful for this moment and every moment, I allow the love to flow freely through me and around me, and I simply breathe. My heart overflows with gratitude and joy. I am conscious of being present in this moment. I recognize the guidance I am receiving. I am allowing myself to simply breathe. I acknowledge and appreciate that I am not alone for my angels and guides are with me always.

### About the Author

Devi Parvati Dombkowski is an Intuitive, a Reiki Master and Spiritual Teacher. She would love to assist you on your spiritual journey. She offers private sessions, intuitive coaching and teaches classes and workshops.



# Listening to the Voice of the Universe

## Connecting with the Voice of the Universe by Lorri Amsden

*The intuitive mind is a sacred gift and the rational mind is a faithful servant. We have created a society that honors the servant and has forgotten the gift. ~ Albert Einstein*

The voice of the universe speaks to us through signs and synchronicities. It is always speaking and once you become aware of the oracles at work in your life, you will awaken to a whole new way of looking at the day to day details you encounter. Oracles exist to provide insight, guidance, knowledge, illumination or affirmations that support our progression along our life path. When we open to the signs and symbols we encounter, they speak to our intuitive nature, stimulating our intuition and allowing what we 'Know' but do not recognize to rise to our conscious mind, thereby creating radiant glimpses of insight and Divine inspiration.

Since ancient times, people have sought oracles hoping to connect with a divine source of wisdom. They were aware of the messages flowing from the Universe and in response practiced divination, studied augury and traversed great distances to consult seers. So just where do these messages come from? Some think of them as a sign from God, or their spirit guides. Some believe it to be the whispers of a Universal Consciousness. Others attribute the messages to their inner voice or higher self. In any case, the voice of the Universe is speaking and its messages are waiting to be recognized. We have just forgotten how to listen.

The voice of the Universe is your own personal GPS. When you open to it as a guide, it will tell you the best way to journey to avoid unnecessary strife. If you make a decision and suddenly the way is barred by obstacles or the path suddenly seems much more difficult than it should be, it may be a sign that you chose poorly and in fact you were supposed to take the other fork in the road.

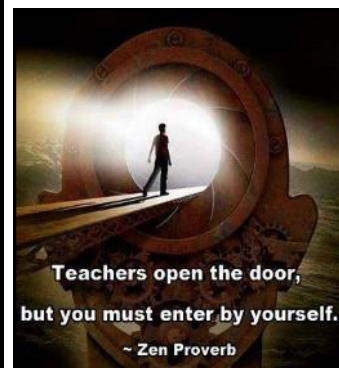
Not all oracles exist in our environment. We are all equipped with an inner voice that is whispering to guide us on this journey of life. Learning how to listen and respond to this inner voice will transform your existence into something magical. When we open the gates of our intuition, we allow those "Ah Ha!" moments of inspiration to rise from the subconscious. Intuition is the knowledge that comes to us out of blue. It is a burst of genius, an intuitive leap, a divine inspiration.

Get familiar with the ways your intuition works. Not everyone experiences their inner knowing as 'the still small voice'. For some it comes in the form of a hunch or a gut feeling. For others, it is experienced as a sense of a warning or a strange feeling that transmitting a sense of "wrongness" or even emotional distress. Intuition can also manifest as a physical sensation such as tingling of the skin, a weight in the stomach, a headache, a change in heartbeat or respiration, goose bumps or a shiver, a darkening or dulling in of eyesight, even sympathy pains can be a sign from your intuition.



Whether you actually 'hear' you still small voice, we each possess one. Figure out how your intuition speaks to you. Then listen to, trust and act on it, allowing your inner guide to share its wisdom. Nurturing your intuitive nature takes discipline and becoming intuitive takes a certain amount of practice. Meditation is a great way to get in touch with it. When you meditate, you quiet your monkey mind and allow a heightened awareness of your spirit to release its inner wisdom. Next time you have a difficult decision to make, meditate on the question before you make your choice.

Here is an easy exercise: Sit in a quiet room and allow your mind to become empty. Relax as you slowly and deeply inhale, pause three beats then slowly exhale. Do this several time and when you have reached a meditative state, ask your question. Take note of any images or sounds or feelings you experience. You may: hear the answer, see it in your mind's eye, get a feeling about the answer, or simply know the answer.



**A place where Knowing & Consciousness thrive**

### **Pathways to Spirit Classes & Workshops:**

*Metaphysical Intensives  
Spiritual Empowerment  
Finding your Soul Mission  
Spiritual Intuition  
Development Series  
The Hierarchy of Light  
Angels & Archangels  
Ascended - Masters  
Meditations  
Sacred Geometry Series  
Crystal Magick  
The Chakras  
Astral Travel  
Dragon Magick  
Path of Progression  
Pendulums 101  
Protection & Boundaries*

### **Intenders Circle**

### **Ancient Wisdom Study Group**

### **Vibrance & Relationship Coaching**

### **Goddess Ritual and Celebrations**

### **Healing Services:**

*Life Activations  
Jikiden Reiki Healing  
Energy Balancing  
Chakra Balancing  
Crystal Healing  
Telepathic Healing*

### **Special Services:**

*Emotional Cord Cutting  
House Clearings*

*As you start to walk out on the way, the way appears.*

*Rumi*

# As an Empath Keep Yourself Safe when Travelling

## As an Empath, How Do You Keep Yourself Safe, Secure and Protected When You Travel?

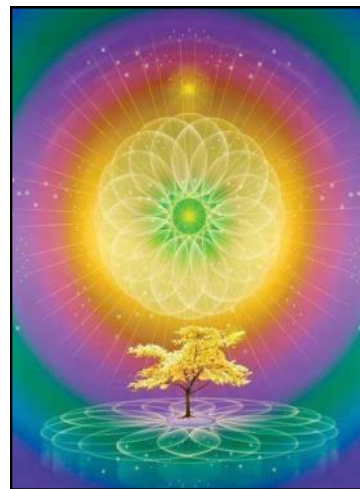
By James Van Praagh

- ◆ Start with planning. When I put together the itinerary for a trip, I make sure to schedule some downtime. Having to rush from one place to another is tolerable if I know I have a day of self-care coming up, or even a few free hours to walk in the forest or visit old friends. You can do this at home too. If you know your week is full of activities, or your day will be packed with meetings, consciously schedule some quiet time to recharge. And write it in pen! When you're a sensitive soul, self-care isn't a luxury, it's a necessity.
- ◆ Shield your body AND your soul. Bring headphones and an eye mask to block out noise and light when you travel. Just as important, before you set foot in that plane, train, or automobile, set up a protective psychic barrier. To do this, just imagine yourself safe and secure inside a pure cocoon of light. Some people like to imagine a golden egg instead. Do whatever works for you! The point is, visualize this energetic shield, and you won't be at the mercy of every thought and feeling around you.
- ◆ Bring a positive, helpful companion with you. Whenever I go to the east coast, I invite my dear friend Katrin to travel with me. I look forward to being in her light, and together we can navigate through anything. And since your emotions affect your body, the good feelings I get from Katrin keep me healthy and strong.
- ◆ Stick to your healthy routines. Take time to meditate, drink lots of water and exercise. Even a few minutes of exercise helps. Take a minute to stretch whenever you can. Katrin and I even do a few yoga poses before we board a plane.
- ◆ When you can't do anything else – breathe! Stuff happens. Planes get delayed, or you get stuck in traffic. Don't let your own emotions get out of hand. Take a one-minute vacation from whatever chaos you are experiencing and breathe out for 8 seconds. Imagine yourself blowing out any negative feelings. Hold your breath for 8 seconds. Then breath in. For 8 seconds, imagine yourself inhaling love and peace.
- ◆ Sit in the sunshine. I can't tell you how good it feels to sit outside after I've been in stuffy hotels and airplanes all day. Sunshine is even a cure for jet lag. While I let the sun's rays warm me, I make it a point to visualize them clearing out the foreign energy and psychic debris of the day.

I encourage you to try some of these tips when you travel. You can even put them to use at home! They'll work whenever you're being exposed to lots of new people and strong emotions.



**Devi and Dietmar Dombkowski** are healers, metaphysical teachers & spiritual guides in the ancient Mystery School tradition. They have received special training and empowerments and teach classes and workshops sharing the ancient wisdom of the Mystery Schools which dates back to the earliest spiritual knowledge of this planet and beyond.



Check our website at [www.Pathwaystospirit.net](http://www.Pathwaystospirit.net)

Feel free to pass on this newsletter.

Check our Calendar page for Classes & Programs at [www.pathwaystospirit.net](http://www.pathwaystospirit.net)

### FREE HALF HOUR CONSULTATION

Contact us for a free half hour consultation regarding your path of personal and spiritual transformation and how we can be of service.

COPYRIGHT © 2018  
PATHWAYS TO SPIRIT INSTITUTE



[Spirit@Pathwaystospirit.net](mailto:Spirit@Pathwaystospirit.net)  
[www.pathwaystospirit.net](http://www.pathwaystospirit.net)

250.655.5254  
Sidney, British Columbia