



**...will have you feeling connected, healthier and happier.**

**Hello, Keepers of the Garden!**

Welcome to Spring 2019 - our official Happy New Year. It's time to lead with love, with JOY and choose healthy thoughts that enhance your well-being.

**You know that your thoughts create your reality.** But, it takes conscious discipline to choose thoughts that empower your reality so you can manifest physical health, financial health, relationship health and environmental health.

If you're anything like me, it's not that easy to choose positive thoughts when faced with so much change or being in a reality that may not be to my liking.

Looking in the mirror seeing my thoughts reflected back to me is uncomfortable because there is no one to blame. And it's time to course correct and call bull \*\*\* on the negative.

**I refuse the negative.**

Personal mastery is all about fine-tuning the thoughts that empower and enhance the truth of who I am. **It's my responsibility to choose the thoughts I think and create a reality that feels good.**

I understand how challenging this can be with all the pressures we face having so much to do, and so many responsibilities calling us into personal mastery.

**This is the perfect time to step back and put yourself first.** When are you really connected to yourself? When did you last ask yourself, what do I really need?

**What's important to you now? Are you listening to the promptings of your soul? Are you too busy to plant your soul's garden?**

**I have something that will help you in only 10 minutes per day.**



Do you know that when you spend at least **10 minutes in meditation** you will feel happier, more in charge, and more gets done.

- **Ten minutes a day** will have you planting seeds in your garden that will promote a joyous and abundant life.
- **Ten minutes a day** will have you choosing thoughts that lead to abundant prosperity.
- **Ten minutes a day for the next 21 days** will fertilize a foundation that leads to a prosperous harvest you can feel good about.

[Click here for The Keeper of the Garden course](#) and you can start creating the

reality of your choice now!

Hugs to you,  
*Kornelia*



### YouTube Show: Ascension and Astrology

I've teamed up with the amazing Astrologer, Janet Hickox, for a new weekly YouTube show to talk about



the path of awakening,  
**ascension & astrology.**

Have you been feeling like you're in limbo? Caught between two worlds with no sure footing beneath you? Welcome to the club! Today Janet and I are talking about what we can do to relax into the process. ([click here to see this show!](#))

More about Janet - [Click Here.](#)  
More about Kornelia - [Click Here.](#)

**Catch up on ALL of Kornelia's Shows, Courses & Programs here: Video, Audio, Podcasts, Facebook & Zoom talks.**

YouTube Channel

Living Heaven on Earth

Ascension and Astrology

Keeper of the Garden

Wealthy Roots Women's Mastermind

School of Divine Empowerment

Millionaire Imprint for Women

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**This week's Guests, Pia Orleane, Ph.D. & Cullen Baird Smith discuss:**

**Navigating the Spiral Energy of the Universe for Conscious Evolution**

• **Modern science has finally confirmed an essential component of the Pleiadian teachings:** Our Universe is not linear; it moves in spirals.

• **Sharing the cosmic wisdom teachings they have received from the Pleiadian group known as Laarkmaa,** authors Pia Orleane and Cullen Baird Smith reveal a new system of Pleiadian-Earth energy astrology centered on the spiraling and interconnected movement of Universal and Earth energies, rather than on time, and explain how this new wave of Pleiadian wisdom can support human evolution.

• **The authors identify two major spiral patterns that influence us:** the 13 spirals of Universal energy that reflect cosmic laws and cosmic truth and the 20 spirals of Earth energy that reflect how humans experience themselves, each other, and their environment.

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**Pia Orleane, Ph.D. & Cullen Baird**