



ISSUE # 60, AUG 2016-OCT 2016

# Welcome

FROM DIANE

Hello Everyone ☺

The wildfires in California are abundant this year due to the drought and the pine beetles killing the forest. We evacuated at the beginning of July because of a fire on the backside of our mountain. The firemen, helicopter drops and bomber drops kept it from spreading rapidly and they were able to get it under control in a matter of a few days. We were so fortunate compared to others that experienced far worse in Lake Isabella and our hearts go out to the people that had their lives uprooted.

Our summer started off with a very heartfelt visit with my oldest daughter, Maria and her beautiful family in Michigan City, Indiana. Our oldest granddaughter, Gabby, is pregnant with twins, our middle granddaughter, Desi, graduated from high school during our visit and the youngest granddaughter Erika is just beginning gymnastics and she is a natural ☺. Four days was not near long enough and we look forward to Maria and Erika coming for a visit next year. Thank-you Maria for the wonderful visit and I love you baby!!!

EDITOR'S NOTE: OK There she is again. This is our Grand Daughter Erika, and this picture infected my computer some how.... It's been my screen background ever since we saw her back in Indiana. Might be some kind of virus.... Like a "Love Bug".



I have been seeing more fawns of late and they are the cutest, elegant, little fluffy spotted animals. We are beginning to see more of the wild life come back into our yard again. When I am in session these windows keep my brain occupied and the deer have walked up to my window to see what was going on. My favorites were two fawns that stayed with me for a little over 20 minutes. The doe lied down under my window and the buck followed me from window to window as I was pacing back and forth while channeling. I put my finger on the window and he brought his nose right to my finger. It was such a wonderful exchange and will stay with me forever.

Jeffrey and I wish you a summer filled with many heartfelt memories to last a lifetime.

*With Love and Blessings,  
Diane*



# With Love, From Serione

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(Channeled by Diane)

The quickening is in its escalation stage and will be a prominent force for many years to come as it symbolizes the awakening of new beginnings. The divisiveness encumbering your world is an integral part of this growth cycle as well as the unfolding of hidden agendas in all levels of life. The media will overcomplicate, the people will dramatize and the truth lies in the silence of your own heart. The truth will unfold for those who are willing to see beyond the masquerades. In time, truth will triumph over bias.

Physical health can become an issue during these cyclic stages as the ecosystems of the planet and your bodies change simultaneously. The body will require amino acids, minerals, complex B's, D-3 and ample amounts of water to stabilize the central nervous system. The digestive tract of some will also be affected and eating several smaller meals a day while supplementing with pancreatic enzymes and probiotics is a benefit. Bodies under stress for long periods of time ultimately show up as Dis-Ease and must be tended to for rebalance. As you listen and validate it will show you precisely what it requires during each step to stabilize.

To calm the mind during these turbulent times feed it with new adventures, play with a sense of wonder, create to feed the soul and learn with lightheartedness. Buy into what your heart says and not the fears of the majority. Be willing to rise above the chaos to see the bigger picture. Most importantly, nurture and validate YOU.

*We Wish You Ease in Your Transitional Balance and  
Grace on Your Path of Enlightenment  
Serione'*

The greatest weapon against stress is our ability to choose one thought over another.

~William James

What matters is to live in the present, live now, for every moment is now. It is your thoughts and acts of the moment that create your future. The outline of your future path already exists, for you created its pattern by your past.  
~Sai Baba



As Editor for Diane's newsletter, she very trustingly gives me this back page to post some pictures and stuff. Usually, I aim for witty hoping not to be too silly, as humor may help foster happiness if not serenity. This time I am focusing on our memorable summer (thus Far). The most important trip we planned for this year, was to fly back to see daughter Maria and family. So, here is a sample of that trip, and an example of what brings us joy and inspiration.

*Maria*

*Desi*

*Gabi*



*Erika*

*Joseph,  
A Proud Father*



*But not too proud to color with  
his little girl.*



The bond that links your true family  
is not one of blood, but of respect  
and joy in each other's life.  
~Richard Bach

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PLACE  
STAMP  
HERE



God grant me the serenity to accept the things I cannot change,  
the courage to change the things I can,  
and the wisdom to know the difference.  
~Reinhold Niebuhr