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Welcome

From Jeffrey

Diane asked me to write the welcome because the most significant thing to happen since the last newsletter is my back surgery, and she felt that I could best explain what it represents to me, in larger terms. But first here's some history for context.

My health has not been great since 2004 when I went into Chronic A-Fib. It started before we left Redding, in Northern California, although I was not aware of it. We had been guided to move south for my benefit, more on that later.

A couple days after we arrived in Southern CA, it hit me hard, and we ended up for the first time at the ER of West Los Angeles VA. Diane has worried understandably about my health ever since.

The first attempted cardioversion by the VA failed so I tried for a few months to correct it on my own using diet, and natural products, but to no avail. Then one night Diane dreamt, 3 times in the same night, that I had died of congestive heart failure. So, we went back to the VA and they confirmed that I was already in early CHF.

With a ton of meds, some that later damaged me, the VA "successfully zapped me back into rhythm, but did not change my medications, and they left me over medicated. Three days later I was in the ER of our local hospital with a dangerously slow heart. I was admitted and in a bed with the monitor, where my heart was running at best at about 40-42 BPM, so the alarm that normally went off at 50 had been silenced. Diane watched as I dozed off and my heart dropped into the low 30's. She slapped me on the forehead, and told me "If you die I will bring you back and kill you myself". I was just conscious

enough to hear her and it made me laugh, crisis averted. But it wasn't until the next day, when with a clear mind I recalled that event and the look in her eyes. It was no joke, it was panic, and fear, that I saw, and never want to see again.

Diane has suffered my illnesses too long, with several other issues along the way. The 9+ years of arrhythmia drug, Amiodarone, caused neuropathy in my feet and legs meaning I could no longer take Diane dancing. It also kept my heart so slow I could not do any aerobic exercise, or have much energy for living life. The Pacemaker fixed a lot of that and was the first step back to living life on our terms.

Now to the Back surgery. Years of abuse as a young man, caught up with me, resulting in new issues. I had the energy but not the ability to use it. It was like fixing a car's engine only to have the new power blow the transmission.

This back surgery was a new beginning, for me. Before it, I couldn't walk far, as just the concussion of my footsteps impinged on the nerves. Merely twisting a little too much at my desk, or carrying groceries up stairs, could pinch a nerve, and my back would cease up and have me hunched over for days. Diane was "told" and the Doctors again confirmed I would likely be in a wheel chair within a couple of years.

Conclusion on page 3.

"The Unselfish effort to
bring cheer to others will be
the beginning of a happier
life for ourselves."

Happy Holidays ~Helen Keller

With Love, From Serione`

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(Channeled by Diane)

As humanity evolves there are differing degrees of discomfort in your life, as well as, in the world as a whole. Each stage of the evolutionary process chips away the facades and divulges the truth of hidden agendas and deceptive actions that impact all areas of life. The bureaucratic blustering is generating an uprising that the majority have not seen. Fear drives the emotions to an overwhelming state of chaos creating anomy. What you are witnessing is the unraveling of corruption and revelation of truth for movement forward in the awakening. Take caution in your expressions and with whom, as some engagements are not worth their repercussions.

Play and nurturing is warranted during times of transitional disruption and assists the body's emotional and mental wellbeing. Your physical body is your barometer of what ails you. The intensity of planetary shifting affects your central nervous system and requires nerve support, electrolytes and trace minerals for healthy functioning. The central nervous system controls and coordinates various body functions through sensor input and electrical impulses. Nurturing this system provides the base of sustainable performance.

The continuity of the awakening enables a greater connection to the intuitive self through the expansion of your internal senses. The truth of any given situation becomes a beacon of light rather than a rationalization to be disposed of. Many believe that the world is coming to an end rather than the world purging through the old and stepping up to the new. The awakening is an emerging process of releasing the old ways, allowing and accepting the new paradigm which fosters humility, integrity and profound freedom within oneself.

*We wish you grace in your transition,
trust in your ability to see beyond the familiar
and faith in what awaits you.*

Serione`

Welcome Continued from page 1.

They say that God works in mysterious ways. Since I left a career in the nuclear industry in 1998 to follow Spirit's guidance, we have been guided to move from place to place. When our time in North Carolina was done we moved to Northern CA, then again, when guided, we moved to Southern California when Spirit told Diane it was for me. Well that has proven to be so much the case, as my current vocation and successful self employment is a great example in too many ways to list here. But even more important we moved here for my health, like I said earlier before we knew I was even ill. With no insurance except my VA medical benefits, I have had access to world class medical care, via the VA's affiliations with UCLA, and UCSD.



First they literally saved me from CHF, now I have had an amazing surgeon work on my back. He performed the spinal fusion of my L4-L5, vertebrae where there was almost no remaining disk. He trimmed away the bulging disk at L2-L3, that pinched the nerves anytime I twisted my back too far. The full surgery that was scheduled to take 5 hours, took 8 because of the amount of bone growth the neurosurgeon had to meticulously carve away to open up the spaces for the nerves, without damaging them in the process. Amazing work!

Now I feel like a new man. For the first time in years I look forward to long walks, and a future of hope. Now the Physical therapy is a ray of sunshine. I finally feel like I can exercise, lose weight, and have a future. I can do work around the house again, and most of all for me, reverse some portion of the nerve damage and someday, take my Honey dancing again. The most important thing, I feel alive again and I can help Diane feel secure that I will be around for a long time and not end up in that wheel chair.

We know that Spirit will lead us back North to the Pacific Northwest, and while it feels close the timing as always will be presented to us. So it is when you choose to serve and to listen to the quiet voice within, not the fearful, angry noises of the world around us.

So I welcome you to Diane's Newsletter, the final one for 2016 the first for 2017. May we all enjoy renewed hope and new beginnings, as this tumultuous year comes to an end and the new one begins.



Peace to us all.

Jeffrey



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PLACE
STAMP
HERE



*The best and most Beautiful things in the world
cannot be seen or even touched.
They must be felt with the heart.*

~Helen Keller