



# NEWSLETTER

FEBRUARY 2026

## Dear Living-Light Community,

Dear friends, as **we ascend** on our planet and move toward becoming **One Humanity**, our vibrations are naturally **shifting** and **rising**. Many people wonder what it really means to **vibrate** at a higher level. Well, it shows up in many different ways for each of us.

One of the most basic signs is that **what no longer serves you** — and what is not aligned with your highest purpose — will naturally **be left behind**. This may include habits, relationships, or even the place where you live.

How do we allow this shift and **rise toward** what **serves us best**?

As my mother used to say: **“Follow your heart, my son.”**

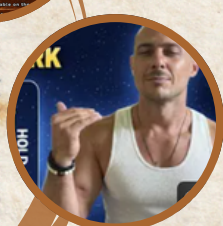
So, dear friends, begin this year by listening to your hearts — and remember: **what you resist, persists.**

In this **monthly newsletter**, we have released our **flyer** for our next healing retreats that will be held in September in **Brisbane** and **Sydney**.

**How do you breathe?** Follow me for simple techniques to calm your mind and **reduce stress** just through breathing.

Have you ever heard of the book **Anastasia by Vladimir Megre**? A **must-read** for your bookshelf about the true story of an **enlightened** Siberian girl.

Another technique to **purify your water** depending on which side of the globe you live in.



## AUSTRALIAN HEALING RETREAT 2026

IF YOU MISSED LAST YEAR'S JOURNEY, THE DOOR IS OPEN AGAIN  
– MEET INSPIRING MASTERS AND A HEART-CENTERED COMMUNITY FOR LIFE –



# Healing Retreat Australia 2026

## The Energetic Art of Healing

Learn from two internationally  
renowned Masters



**Master Dennis Wang**  
(Singapore)



**Master Yap Boh Heong**  
(Malaysia)



Brisbane 3 Days intensive  
4-6 September 2026  
Soul Space  
23 Parker St, Newmarket QLD

Sydney 3 Days intensive  
11-13 September 2026  
Girl's Guide Hall  
33 Nicholson Parade, Cronulla NSW

Optional extra small group training available on the 07/09 and 14/09

### Workshop Schedule:

Daily training from 9:00 AM to 5:00 PM

This is an extraordinary opportunity to learn from two of the most renowned and powerful masters in the field of energy in healing arts.

These teachers have dedicated their lives to mastering and sharing ancient wisdom and helping thousands of students all over the world.

**\$600** for 3 days  
(excludes food and accomodation)

General contact: [info@living-light.life](mailto:info@living-light.life)

NSW Retreat: Rhonda & Gabriele - 0423 848 310 / 0430 108 909

QLD Retreat: Emmanuel - 0413 882 383

Ready to become the best version of yourself in 2026?

[www.living-light.life](http://www.living-light.life)



For more information, please reply to this email directly

# 4-4-4-4 BOX BREATHWORK



## THE POWER OF BREATH

### *The Call for Power Through Your Breath...*

I can vividly remember my **first breathwork** sessions when I was a young kid practicing **Anapana** during a kid's Vipassana course. At that time, I was about **11 years old**, and it felt like being at a **forced meditation camp**. Back then, I had no idea **why I was focusing** on breathing. If I was already breathing, why should I breathe more — or differently?

It simply **didn't make sense**.

It was only years later that I realised how **powerful the breath** truly is. In fact, it wasn't until I went through **extended periods of fasting** that I fully understood the importance and incredible potential of breath. During that time, I **delved deeply** into research and practice of **Pranayama techniques** — the ancient breathing methods taught by yogis in India.

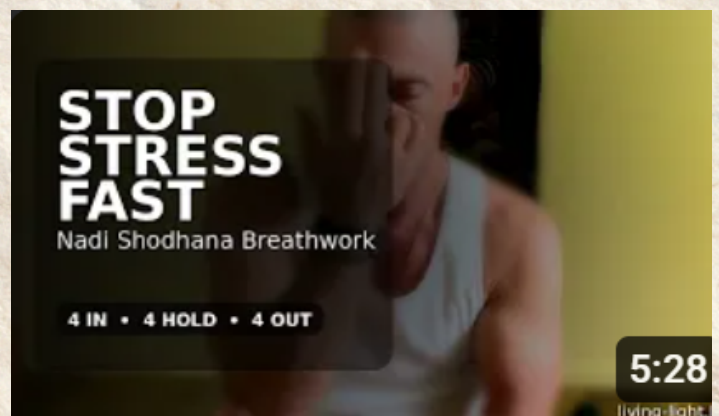
Now increasingly supported by research, **breathing** correctly brings **enormous benefits** to our health.

From a parasympathetic nervous system perspective, we can **relax the brain** in just a few minutes and shift our brainwaves into a **calmer state**. Emotionally, it creates a feeling of **oneness** and **self-love**, simply from being present. Physically, proper breathing can slow the heartbeat, support **regeneration**, and give the body time to rest and recover — **allowing healing** to happen more efficiently.

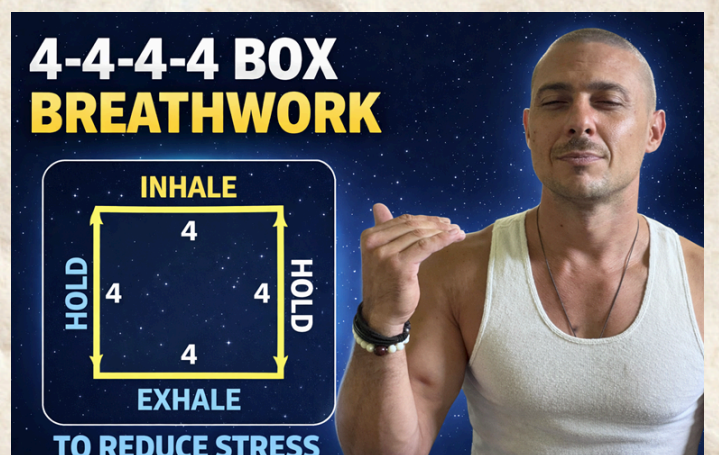
I'm therefore **inviting you** to discover two new types of **breathwork**.

The first technique is called **alternate nostril breathing**, and the second is **square breathing**. Follow the instructions, find a quiet and comfortable spot, and **join me** for a short but revitalising breathwork session :)

[Alternate Nostril Breathing - HERE](#)

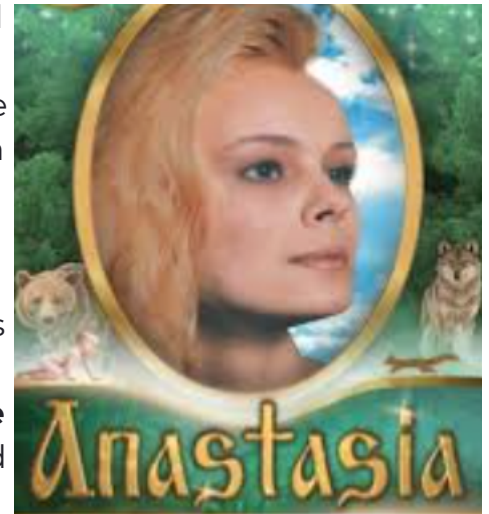


[Square Breathwork - HERE](#)



# ANASTASIA: THE ENLIGHTENED GIRL OF SIBERIA

If there was **one book** I couldn't recommend you **more to read** above any other book, that would be **Anastasia** by Vladimir Megre. It is the first book in my life where **I cried so much**, page after page, **tears of happiness** rolling down my cheeks. Yes, I'm talking about **happy confirmation** and not anything dramatically sad. This book was, for me, a compilation of all the confirmations **my heart had always felt**. When some people consider this reading **to be fantastic**, in my heart **the answer** is completely **the opposite**, and I do not need any further confirmations than listening to the most **powerful intelligence** — **LOVE**. The story is indeed incredible and seems to be beyond reality, but seriously, **what's reality?**



The 1st volume is called **The Ringing Cedar**, where it is explained to Vladimir Megre, the author who meets Anastasia, that he is about to visit a location where **a tree lives with incredible healing power** flowing through its bark. Through this journey, the author doesn't really believe the story he is writing himself about that **Siberian girl** he is traveling with, and about himself **sleeping with wild bears** and seeing Anastasia showcasing **supernatural skills**, and among others fantastic facts, being **fed by animals** of the forest who bring her **vegetarian food**. The whole book provides **cutting-edge lost knowledge** that refathoms the fabric of our reality.



Before writing the Anastasia series, **Vladimir Megre** was a Russian entrepreneur involved in **trade** and **business**, particularly organizing commercial **expeditions** along the **Siberian rivers**. Coming from a practical, material-focused background, **his life took a dramatic turn** in the early 1990s after a **journey to Siberia**, where he claimed to meet a woman named Anastasia. This encounter **inspired him to write the books** that would later become the Ringing Cedars of Russia series, blending personal experience, spirituality, and philosophy.

Through the Anastasia **book series**, the central **message** is a return to **harmony Mother Nature**, with **Ourselves**, and with **humanity as a whole**. Anastasia speaks about living in deep **connection** with the **Earth**, where **human beings** are **not separate** from **nature** but an active part of its **intelligence**. She emphasizes the importance of **conscious living**, love, family, and creating spaces where future generations **can grow** in **balance** with the **natural world**. Her teachings encourage simplicity, self-sufficiency, and a **shift away from fear** and material excess toward awareness, creativity, and inner freedom. At the heart of her message lies the idea that **every human being** carries immense **creative power**, and that by **reconnecting with nature** and our true essence, we can help shape a more **harmonious future** for humanity. Let me know how you liked the book once read :)



**Vladimir Megre the author.**

# PURIFICATION TECHNIQUE

Northern Hemisphere



Image on the Left shows hand placement for those in the Northern Hemisphere. (above the equator)

Southern Hemisphere



Image on the Right shows hand placement for those in the Southern Hemisphere. (below the equator)

## Directions:

First, taste your water or food before beginning. Rub your palms together for 3–4 seconds to activate energy, then place your hands in the position shown above for 1–2 minutes. Re-taste the water or food afterward. If done with focus and intention, you may notice a subtle difference.

## What Happens:

This technique is based on the idea that conscious intention and energy can influence the molecular structure of water or food. Many people notice that water feels smoother, fresher, or cooler, and that fruit tastes sweeter or more vibrant.

If you don't notice a difference at first, simply keep practicing — sensitivity grows with experience.

## Sharing the Practice:

This is a wonderful technique to share with children, family, or friends. Demonstrating it together can be both fun and surprising as people experience the change for themselves.

## Healing Application

You can also use this for healing. Rub your hands together and place them gently on either side of the affected area. Say:

“5-4-3-2-1, RECEIVE.”

The recipient replies:

“5-4-3-2-1, I receive. From the god/goddess of my being, I am completely healed of \_\_\_\_\_, and I know it.”

Keep your hands there for about two minutes or longer, and repeat if needed.

## Remember

We all carry an innate healing power.

***We are all healers.***



See you all next month after the shedding!

Emmanuel [info@living-light.life](mailto:info@living-light.life) +61 413 882 383 - [www.living-light.life](http://www.living-light.life)

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