

[Hello and Welcome](#) everyone to Alloya's second newsletter. Everything has changed again for me; sometimes I find it hard to keep up with my spirit and its mysterious ways. I have moved back to Cornwall in England. A beautiful part of the south west of England. The sea welcomed me home with its usual storms of wind and rain. It is good to be home. I am not totally sure what this move means to me, other than a good rest and space to write my third book, titled "Its just Lilith and her snake". As you can see it is about the Goddess Liliths story. My intention for this book is to open up the taboos around female sexuality and help free the Goddess in our female bodies. I am carrying on steadily with my seminars, I have an exciting new seminar entitled "Ecstatic woman". It is a new and inspiring energy that has recently come into my life. Take a look below for more information. I also intend to carry on with all seminars. I will no longer be available to do private sessions in Munich but will be available for individual sessions whilst running seminars in your area. I hope to catch up with old friends whilst doing this, as I miss you all very much. I am intending to get up and running my alloya.de website as a German version, the English site which will be transferred to alloya.com. These developments are yet to be, I will email all to let them know when this will be. I have plans to publish the English version of my book "The Mission of the One Star". This will be available to buy, on my site in the near future.

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I feel with my eyes  
I taste, what I touch  
I see what I hear

In the middle of nothing  
In a moment of no-where, my freedom is boundless.

I am the author of my own dreams  
I manifest that which I will.

I am the "stillness that is the dancing"  
And I am the beater of my own drum.  
By Alloya

#### [Native American Indian sweat lodge](#)



I have always wanted to attend a Native American Indian sweat lodge. And I had my chance in the summer, in the deep countryside of Straubing, Bavaria, Germany. We spent the first day constructing the tent like structure. We chopped down flexible branches that were later made to bend and construct the sweat lodge. We dug a hole in the centre for the rocks to go in, as well as a fire pit outside the sweat lodge. The day came and we prepared ourselves after doing an Inca tradition

blessing to the earth, we had picked the rocks we wanted to go into the fire and had blessed them using ancient words and smudging them to cleanse them with a bundle of sage. It is a traditional ritual from the Native Americans; it is used to clear negativity and bring in positivity. The shaman had also used this smudge to cleanse the site and create a circle that meant all inside were protected and we were told we could not leave and re-entered without being smudged. We created beautiful plates of foods to give as an honour to the four directions, the four elements, all the beings of nature and the ancestors. After much singing and prayers to the beings that would guide us through the sweat lodge we took off our clothes and entered the lodge. Each stone that was now red hot entered the sweat lodge, the shaman put pungent herbs on to them and welcomed the rocks as a sovereign being and thanked it for being one of the rocks for our lodge. The water was poured onto the rocks and the door was shut.

It was black in there I could not tell whether my eyes were open or shut. It was hot, my energies began to spin and I could see the sweat lodge much bigger than it really was and a big rock pit with Native Americans sitting around it. I looked at them all as solid and as real as you and I. I looked into one of the ancestors eyes and he smiled. He did not say anything more but I had many past life flash backs where I had been one of these people and had done sweat lodges before. One particular lifetime, I had been a very young girl about 12 years old and I was a seer, I could see in to the other worlds. I had taken a large amount of peyote and in a sweat lodge I had gone too far and went mad in this third dimensional reality but alive and well in the other worlds. I never really came back. Remembering this lifetime, made me loosen my control, and really let go and not fear insanity. The energy began to rise up my body and I felt ecstatic. The shaman began to call in the power animals and I could feel the energy of the wolf enter me. I even growled like a wolf, I felt my body changing and I really felt like I was the wolf. I saw many visions of being a wolf running through the forests, with a black bird flying over head. I was completely tranced out. Then I felt the snake in me begin to move at the base of the spine, I had been doing work with serpent energy and it was beginning to activate. Then the first round was over and the door was thrown open to reveal the fire pit man ,with a very welcomed bowl of water, that was eagerly passed around.

Some of the women were scared and were finding it too much, but I was ecstatic, and wondered what all the fear was about. But as the fire pit man closed the door for the second round , I was plunged back into darkness with more rocks glowing in the pit, I began to feel a fear. No ordinary fear but one from the very bones of my body, I could hardly sing the songs as tears and screams came from my body. I do not know to this day what this fear was about ,but the all the women felt the same and we spent what seemed like hours, screaming and crying. It was the most intense emotional release I have ever felt. When the shaman said the door could be opened I was in a panic, I could not wait for the door to be opened I wanted out NOW. I had images of me tearing down the walls of the lodge but just as I thought I might scream and freak, the door was opened wide and the most amazing thing happened, there was fresh air. I gathered myself up and decided to be brave, as the door shut for the third time. However this time it was different, I could feel energy enter the lodge, I knew this energy well it was Lilith, the dark Goddess. She entered my body and with delightful screams and yelps, she began to channel to the woman ,about who they were and what they were doing that was so important for them in this sweat lodge. It was very ecstatic for me, I remember the energy as it swept through my body, and I felt like every cell in my body, had the energy of the serpent pulsating through it. I have never felt so un-inhibited and free in all my life. For the final round I spent most of the time , curled up in ball on the floor , with the floor now mud beneath me , dirty all over , sweating rolling down my body ,singing the songs in a very tired voice , but not giving up , continuing on . After the lodge we ran naked and free into the night, washing ourselves with freezing cold water. Wow what an experience. !

29<sup>th</sup> of August 2003.

The Arcturians.

Channelled by Alloya

I have no singular name, I am the Arcturians. I am very pleased to be here tonight. We come from a system that you can see in your northern hemisphere. The system is called Bootes. We are a fifth dimensional civilization. Some have called the future possibility of earth civilization. Our past has been very similar to yours. We have evolved from a third dimensional physical body to a fifth dimensional body of light. You on earth are treading the same path. We are just a few light years ahead of you. We are currently circling your planet in ships of light; do not mistake these ships for being third dimensional for they are fifth dimensional. They are fuelled and held together in form by fifth dimensional crystals. Many of you visit these ships in your dream state. Your visits to us have not been numerous up until now, this will increase, and there will come a time when you will become more conscious of this. We are currently holding the electromagnetic energies of the earth, in harmony and balance. We are preventing many of your earth changes that have been predicted by so many. The polar shift will be on a spiritual level and not on a physical level. We are helping to support this

process, so there is little or no disturbance to the humans on the earth plane. We do this purely through love. For we love earth. And we love humans. In a way you are brother and sisters of ours.

Way back in the very beginning of earth's history, when the designs for the etherical body of human beings were being created, we held a space of love and harmony for this to occur within. You are currently transforming from a dense physical body to a body of light. And here again we are here, supporting, holding the space for this to occur. It is very important that you open to love frequencies. Your idea of love is very limited on earth. You have the perception that you have to gain love from other people, from an outside source. In truth this is not correct. Love is everywhere, love created everything. Even the dense physical body that you now sit within. This was originally created from a frequency of very high love, directly from the creator. In time you will remember this. And you will feel this. There are moments in your life when you feel love; this is because we make a direct channel between you and us. Other times you are immersed in the illusion and the negativity, this makes it very difficult for you to connect. There are certain issues in your body need to be removed. Then the love will flow much more intensely, much more completely, and constant. Do not completely blame yourselves for this condition that you find yourself in. There are many energies and many beings that are holding frequencies of earth in low vibration. We have no permission to remove these energies that are part of the process. Love conquers all. Soon this negative veil and vibration will be removed, and love will permeate your planet and body. Are you ready?

Your life spans are very short, with love in the body you can live as long as we do. For we can live up to 300 of your earth years. For we have moved beyond polarity, duality, light and dark. We are free of fear and judgement. Our whole existence vibrates to the frequency of love. This is your goal; this is your final destination. Will you come with us? We have a civilization very similar to yours. In some respects there is a hierarchy. This is held in complete union and complete harmony. We have a council of elders, that we respect and honour. They filter down to us wisdom and knowledge that we use to further our capacity to love. You have been privileged to feel the energy of the elders in this room tonight. You are very special beings indeed. Many times you have incarnated and experienced Arcturian energy, in a way you all have Arcturian energy in your soul. There is much cleansing of your energetic bodies that are needed. When we look upon you we do not see radiant colours of light, we see dark and muddy patches, these need to be cleansed. Then your energetic bodies will be more capable of holding high frequencies. You can do this cleansing by opening to our love. It is our mission here to support you in doing this. Will you allow us? Will you befriend us? Will you merge with us?

[Workshops](#) for the following year are as follows.

**Transformational Process.** -A two day workshop designed to give people the chance to learn a powerful healing technique, which can remove emotional and physical blocks from the cells of the body. By removing these blocks we can then integrate the higher energy of the soul, bringing us joy, relief from pain and peace in our lives.

**Connect with angels.** -Everyone has a guardian angel or so they say. Wouldn't it be wonderful if you could feel their loving embrace? Well in this workshop you can. I intend to guide you through special energy processes that will align you with the powerful and loving energy of your angel guides. You will get to perceive and experience the energy of the archangels Michael, Uriel, Raphael, and Gabriel.

**Are there really fairies?** - I walk through nature that will allow you to find and experience the energy of fairy consciousness. I light hearted and peaceful encounter with the powerful and loving energies of nature.

**The Hidden Woman.**-The world today holds a very limited idea of what it is to be female. Mother, daughter, lover and wife. We are taught by authority figures, parents and men that we are somehow less than the male of the species. In this workshop we will re-look at our ideas and concepts. What it is to be a woman?

**Multi-dimensional consciousness.** -We, as our divine self, exist as a Multi-dimensional consciousness. In this workshop you will learn how to access and integrate the aspects of the Soul that are contained in this divine self. Learn how to retrieve all soul fragments and understand the impact of soul agreements. Discover the hidden meanings in your relationships to your loved ones through the exploration of your soul contracts. Empower yourself by bring the higher frequency expressions of yourself into your body and life. Learn how to channel, heal and express the various multi-dimensional aspects.

**Light workers coaching** - Do you consider your self a light worker? A definition of a light worker is one who has come to this planet in service to aid this planet as it shifts in consciousness. As the

transformation of the planet increases in acceleration, we, as light workers should be stepping into our power as the amazing light beings we really are. However this is not happening, we need to remove all limiting beliefs that we have about ourselves and take back the power that we do possess, to change this world. It is a coaching training for those who are along the road of their own transformation yet are stuck, and need the next step.



Ecstatic woman.

Are you truly in your sexual power?  
Are you embracing the sexual goddess that you are as a female human being?

Women's sexual power has been suppressed; oppressed and devalued for centuries, now is the time to change this. We all deserve to love and honour the power of our female bodies and live a life free of inhibition, fear and limitation.

We deserve to feel the intensity of our sexuality and express and experience ourselves free of judgement.

Awaken to your natural sexual self.

It is our birthright to experience pleasure positively and to honour our desires.

Open yourself for healing, compassion and focused intention. Bring in love yourself, intuition and acceptance. Open to your greatest ecstatic potential.

Together we will integrate spirituality with sexual energy for guidance into bliss, wholeness, and inner peace. Using the wisdom of the body, we will learn to move beyond resistance and open to trust.

Alloya intends to help you remove doubts, issues, complexes and fears from the body, leaving it free to experience the power that lies dormant in all female forms. Through transformational processes she will remove blocks in the body to the flow of true creative sexual female power. We will use transformation processes, dance, music and creative visualization to aid us in our transformation from dissatisfied and inhibited women to potent and ecstatic goddesses.

Please bring flowers, as a gift to yourself to help you realise what you want to blossom into.

#### EVENTS DATES

**1<sup>st</sup> and 2<sup>nd</sup> of February** – Hidden Woman . - Aldingen . Germany

Organiser : Verona Gerasch email : [verona-gerasch@gmx.de](mailto:verona-gerasch@gmx.de)

Tel: 0049 (0 ) 7424 / 87503 , Fax: 07424/90 12 08

**1<sup>st</sup> and 2<sup>nd</sup> of March** – Light Workers Coaching. - Salzburg. Austria.

Organiser : Barbara Uckenski email : [Barbara\\_ET@web.de](mailto:Barbara_ET@web.de)

Tel: 0049 (0) 99641248.

**8<sup>th</sup> and 9<sup>th</sup> of March** – Light workers Coaching. – Linz . Austria.

Organiser : Ulli Zeiss email: [Ulrike@gmx.at](mailto:Ulrike@gmx.at)

Tel: 0043 (0) 732 714181.

**15<sup>th</sup> and 16<sup>th</sup> of March** – Transformational Healing- Eggenfelden , Germany.

Organiser: Isabella Fichtl email: [winfried.fichtl@web.de](mailto:winfried.fichtl@web.de)

Tel: 0049 (0)8726 91 01 37

**3<sup>rd</sup> and 4<sup>th</sup> of May** – Lightworkers Coaching- Straubing. Germany.

Organiser : Barbara Uckenski email: [Barbara\\_ET@web.de](mailto:Barbara_ET@web.de)

Tel: 0049 (0) 99641248.

**1<sup>st</sup> and 2<sup>nd</sup> of June** - Ecstatic Woman. – Linz. Austria.

Organiser Ulli Zeiss email: [Ulrike@gmx.at](mailto:Ulrike@gmx.at)

Tel: 0043 (0) 732 714181.

#### Soul reading recommendation

“I had known Alloya and her excellent work for quite a moment before I decided to get a reading done by her. I wanted to understand in which way my existences in not-earthian systems influenced my present life-time on this planet and I got more and more profound answers than I had expected. Some very personal ways of dealing with life and people, wishes and motives deeply rooted in me became quite transparent and "logical" facing my pre-earthian "past". Of course, it was just an extract focussing the special situation I was in just then. But that was enough. The deeper purpose of this life-time and the next steps were clearly told and were coherent.

I put the reading aside with a deeper and more embracing understanding of who I am. So, whenever I have the opportunity now, I invite people to offer themselves this information. It gives you a wider picture of who and what you are and it does not only help you to accept your own multidimensionality but it also helps you to understand and solve actual problems.

As I've translated quite a couple of readings for other people I know to what extent the reading has been helpful to all of them.” Barbara Uckenski

Alloya provides three different types of readings.

The first is- the opportunity to ask your soul questions via alloya. She can tune into your soul and get answers to questions and guidance that is important to you at this stage of your life. If you want this kind of reading, provide alloya with questions via email. And she will be pleased to answer the questions and give you the important advice that your soul wished you to hear.

The second is a –ever wondered where you came from before you entered the earth plane. Well here is your chance. Alloya offers a detailed channelled reading that will give you information about where you existed in the universe and what kind of expression or form you have taken. Alloya will tune your soul and look into your archaic records, (the library of your soul) and get information about your off planet past. Your soul will tell her information that you need to know about your past in order that you can better understand, the energies that make up your soul and discover new ways of integrating and aligning with these aspects of yourself.

The third is – An energy diagnosis. Alloya will tune into your energetic body system. She will give you a detailed diagnostic report of your energetic body and also give you exercises to re address any imbalance.

Readings are 45 euro or the equivalent in your currency.

You can pay by credit card via the Paypal  
[www.alloya.de/readings.html](http://www.alloya.de/readings.html)

Or you can pay via cheque by post.

Please make the cheques payable to N.Huckfield

And send it to

N. Huckfield, 3A Orchard Place, Newlyn, Penzance, Cornwall  
,TR18 5BG. England

Any currency is acceptable . Anyone interested in attending these  
workshops or a soul reading, can contact alloya at  
[alloya@alloya.de](mailto:alloya@alloya.de)

Anyone wanting to submit anything for this newsletter is very  
welcome. Please submit there work in as a word document to alloya. All my love and light alloya.

