



NEWSLETTER DECEMBER 2011 (37)

**Do not focus on listening to your stomach and brain
when you search for answers inside your body,
since they are always hungry for food and knowledge...
Instead listen to the answers that come from deep down
at cell level in your whole body !!!**

Quote from my English author profile on Facebook:

<http://www.facebook.com/pages/Anni-Sennov/141606735859411?ref=ts>

Dear newsletter reader ♥

Here is the first part of my introduction to the golden energy...

In brief, the Earth's golden energy is a combined spiritual and material creative power which enables us to shape our own lives for the benefit of ourselves and the whole, when we are fully crystallized in the body and the aura. However, it is a prerequisite for opening up to the integration of the golden energy and the earthly creative power that it happens in a non-egoistic way, and that you have no resistance to the integration of earthly and physical energy.

One of the reasons why you must be fully crystallized in the body before the golden energy can find its way into your body is that the higher powers do not want the people of the New Time to waste their newly acquired materialization power on materializing trivial and selfish things and situations in their lives which are not also to the benefit of the whole and other people. The Crystal Energy which forms the basis allowing the golden energy to be integrated at a high frequency level in our body has its focus on individuality and wholeness at the same time.

Another reason that the golden energy will be integrated into the crystal energy in our body is that the golden energy can then help our Dharma and life purpose on the crystal plane to be realized in the physical universe, where the golden energy prefers to have its home.

One can therefore conclude that it is not actually the golden energy in its pure form that is the result of the golden energy's entrance into the body. The result is rather a crystal-golden energy that takes its sole residence in our physical body, while the aura continues to be a pure crystal aura, which acts as a pure protection and a personal intimate sphere in relation to other individuals.



Everybody has the aim to come to land in their own energy, so they can learn to rest and have a balance in their own energy, but to come to land on Earth in order to draw in the golden energy is quite a different matter. For the Earth expresses itself through widely different dimensions and frequencies that are not all equally earthly, though perhaps it is earthly people who are involved.

For example, aerospace and technology are not particularly earthly concepts, but we need people with their feet well planted in the physical universe to work with these things, otherwise we run the risk that aircraft will come crashing to the ground, and our computers will be hacked from the outside and get a virus or not do what we want them to do when we press the keyboard.

So it is important to know about earthly concepts in specific areas in order to bring new thinking and all sorts of abstract and sometimes 'non-earthly' ideas into reality and to be able to communicate in a way so that others can understand what you say which is what we focus on with our **four element profile™** profile-setting courses (see www.fourelementprofile.dk / .no / .se / .eu).

The golden energy has always been lying embedded in Mother Earth, but because of all the intruding existences and 'beings' that have taken up residence in various human bodies all around this Earth, the Earth's energy has not yet been able to express itself on its own high-frequency level. Until now, the golden energy has only been able to express itself through nature and animals, but now it is mankind's turn to integrate the energy too – an energy that can be very difficult to master if you do not have a crystal-clear crystal intelligence integrated into your body. Otherwise there is a risk that all the activity will just be pure activity without any overarching goals connected to the activity.

It can be compared in a way to having sex just for the sake of sex, where elements such as relaxation, intimacy, balancing and pleasure, etc., are totally absent.

Until now there has been so much focus on human development here on Earth that has been taken care of via the reincarnation cycle, but now it's time for the Earth's own power to see the light of day. Human energy is not a purely earthly phenomenon, even though there are plenty of people on this Earth. Human structure is a compromise between many diverse energies of the various planets in our solar system which have had the goal of being integrated into each other on this Earth, which I teach about on my planet courses that you can read about here: www.annisenov.dk/kurser_foredrag.htm (in Danish) and www.annisenov.se/kurser_foredrag.htm (in Swedish)

Earth has been 'the nice guy' which has once again hosted a big unification party where no-one has known for sure whether the party would be a success or a failure. Big unification celebrations have already been held several times before in Earth's history when everything went well at first, but then the party unfortunately ended with a crash due to unforeseen events – such as Atlantis, in Peru and in Egypt, because the people in those days could not handle the strong earthly forces and the power that those forces gave them.

But this time the energy has come so far with the help of the crystal energy that the Earth's golden energy cannot just flow freely into the human system and take control of the body and brain.



Therefore there is no risk that the reptilian brain and certain people's too abstract and non-earthly ideas can take control of the Earth because they have mistakenly been given a power that they cannot handle in a balanced manner.

This time the responsibility of crystal energy and its major focus on balance will help to ensure that the golden energy only gets access to the human body when the person through their personal energy expression has 'proven' to themselves and to others that they can find balance in themselves, as well as in connection to the physical life on this Earth. Therefore the golden energy is not common property, although it is located down in the Earth beneath our feet.

Humanity is here on Earth to increase the energy, yes! ...but it is their own energy that they are here to increase. It is not the Earth's energy or the Earth's power that is unintelligent.

The Earth has instead been much too nice in giving all sorts of different types of people the right to try the game of life here on this planet – and not always with equal success.

Follow the continuing introduction to the golden energy in my next newsletter...

Wishing you a very Merry Christmas and a Happy New Year

Anni Sennov

WWW.ANNISENNOV.SE IS NOW ONLINE!

After my last visit to Gothenburg in November I got to thinking that it would probably be a really good idea if I had a personal website in Swedish, since many Swedes do not understand Danish and English so well, and now it has been done. The domain name was ordered and the translation has been started, so now Swedes can read about my activities in their own language.

Visit www.annisenov.se to see the result.

My newsletter will continue to be published in Danish and English, but not in other languages.

WE HAVE BECOME DISTRIBUTORS OF A LUXURY SKIN CARE RANGE HENRY TIANUS IN SWEDEN

As of 1st January 2012 we will start up as distributors in Sweden of the Henry Tianus luxury skincare range. Henry Tianus is Japanese and lives in London where he is continually working to improve his already wonderful skin care products. Therefore there is always development associated with his products.



Henry Tianus combines modern advanced skincare technology with all the best from nature, and all products are manufactured without the use of additives in the form of parabens, glycols, silicones, synthetic fragrances and colors, harsh detergents or mineral oil.

The products are not tested on animals and are only produced when our dealers order them from England. This means that as a customer you never risk buying a cream that is past its best.

Henry Tianus manufactures skin care products for normal skin, dry skin and acne-sufferers' skin, and the latter products are excellent to balance slightly oily skin.

During January we will start up www.henrytianus.se where we will advise on skin care products and refer people to local Swedish Henry Tianus sellers.

However, at the moment you are welcome to visit our Danish online shop www.good-adventures.dk, where we sell the products and where we will soon upload new product photos.

THE BOOK "ANDEDUALITET – DEN NYA TIDENS FÖRHÅLLANDE"
("Spirit Mates – The New Time Relationship")
IS PUBLISHED IN JANUARY-FEBRUARY IN SWEDEN

Carsten's and my little book "Andedualitet – Den Nya Tidens förhållande" will be published in Sweden during January or February. The book is a little taster of how spirit duality is experienced by people from within.

It was actually not our wish to translate and publish the book in Swedish, as many people who have met their spirit mate in a 'too early stage' cannot quite recognize the lightness in the relationship. But that was the situation for us and this is how it has been described by other spirit mate couples, where the timing was right when they first met.

We hope you will enjoy reading the little book, and once it is printed it will be available through our usual book sales channels in Sweden.

When the book is off the press, you can read it here:

www.annisenov.se – www.annisenov.dk – www.annisenov.eu
www.good-adventures.dk

FOUR ELEMENT PROFILE® IS EXPANDING

The **four element profile®** movement is really in full swing now, and we have now run several courses in Sweden and Norway and have taken the time to review our experience in order to find an optimal course composition.



The result has been that we have chosen to knock our Basic Workshop and Extended Elements Workshop together into a 2-day Elements Workshop, where participants will get all the information from both courses in direct continuation of each other. In addition we have decided to supplement my Elements Annual-Cycle presentation with a 45 minute introduction to our other courses.

The 'new' 2-Day Elements Workshop will be introduced in Denmark in late January and February, in Sweden in February and March, and in Finland in April 2012. In Norway we have already run the workshop/course, and we have planned courses to be held in several cities there in January, February, March, April and May.

In the midst of all this bustle, we have also gained new partners in Denmark, Norway and Finland, and our director and partner staff is therefore now as follows:

Denmark: Carsten Sennov & Anette Rasmussen
Sweden: Therese Lindberg & Anni Sennov
Norway: Astrid Dyve & Kristian Fredheim
Henriette Gustavsen (starting personal workshop course in 2012)
Finland: Carsten & Anni Sennov with Berit Reaver

Visit our websites: www.fourelementprofile.dk / .se / .no / .eu



YOU CAN MEET ME IN THE FOLLOWING CITIES IN THE COMING MONTHS

- Stockholm, Sweden:** **15-18th December 2011**
I am receiving clients (*Fully booked*)
- Bergen, Norway:** **24-25th January 2012**
I am receiving clients
- Stavanger, Norway:** **26th January 2012**
I am receiving clients
- Stavanger, Norway:** **26th January 2012 19.00 to 22.30**
I am giving an Element annual-cycle presentation on how to plan one's future activities by using the four elements.
Astrid Dyve will give a 45 minute introduction to the four elements.
- Malmö, Sweden:** **12th February 2012 9.00 – 18.00**
I am holding a **four element profile™** Continuation Workshop together with Carsten (Sennov) as an extension of the Basic Workshop that Therese Lindberg is holding the day before.
- Stockholm, Sweden:** **22-23rd February 2012**
I am receiving clients (*Fully booked*)
- 25-26th February 2012**
I am holding a planet course together with Therese Lindberg
- Umeå, Sweden:** **23-24th March 2012**
I am receiving clients
- 25th March 2012 9.00 – 18.00**
I am holding a **four element profile™** Continuation Workshop with Therese Lindberg as an extension of the Basic Workshop she is holding the day before.
- Helsinki, Finland:** **22nd April 2012 9.00 – 18.00**
I am holding a **four element profile™** 2-day Elements Workshop with my husband Carsten and Berit Reaver as an extension of the basic part that those two are holding the day before.

For further information about these events read more here:

www.annisennov.dk/aktivitetsoversigt.htm

I offer AuraTransformation™ with balancing and clairvoyance, and I am also offering balancing sessions with clairvoyance to aura-transformed clients.

Contact me by e-mail at anni@good-adventures.dk if you want to book time with me in one of the above cities.



SUMMARY OF UPCOMING FOUR ELEMENT PROFILE™ COURSES, WORKSHOPS AND PRESENTATIONS IN SCANDINAVIA

- Stavanger, Norway:** **Elements Annual-Cycle Presentation, 26th January 2012**
Presenters: Anni Sennov & Astrid Dyve
See www.fourelementprofile.no under 'Calendar'
- Copenhagen, Denmark:** **2-day Elements Workshop, 28-29th January 2012**
Instructor: Carsten Sennov
See www.fourelementprofile.dk under 'Calendar'
- Malmö, Sweden:** **Basic Workshop, 11th February 2012**
Instructor: Therese Lindberg
See www.fourelementprofile.se under 'Calendar'
- Continuation Workshop, 12th February 2012**
Instructors: Anni & Carsten Sennov
See www.fourelementprofile.se under 'Calendar'
- Oslo, Norway:** **2-day Elements Course, 18-19 February 2012**
Instructors: Carsten Sennov, Astrid Dyve & Kristian Fredheim
See www.fourelementprofile.no under 'Calendar'
- Copenhagen, Denmark:** **2-day Elements Workshop, 28-29th February 2012**
Instructors: Carsten Sennov & Anette Rasmussen
See www.fourelementprofile.dk under 'Calendar'
- Stavanger, Norway:** **2-day Elements Course, 10-11th March 2012**
Instructors: Carsten Sennov, Astrid Dyve & Kristian Fredheim
See www.fourelementprofile.no under 'Calendar'
- Aarhus, Denmark:** **2-day Elements Workshop, 13-14 March 2012**
Instructors: Carsten Sennov & Anette Rasmussen
See www.fourelementprofile.dk under 'Calendar'
- Umeå, Sweden:** **Basic Workshop, 24th March 2012**
Instructor: Therese Lindberg
See www.fourelementprofile.se under 'Calendar'
- Continuation Workshop, 25th March 2012**
Instructors: Anni Sennov & Therese Lindberg
See www.fourelementprofile.se under 'Calendar'
- Oslo, Norway:** **2-day Elements Course, 14-15th April 2012**
Instructors: Carsten Sennov, Astrid Dyve & Kristian Fredheim
See www.fourelementprofile.no under 'Calendar'
- Copenhagen, Denmark:** **2-day Elements Workshop, 17-18th April 2012**
Instructors: Carsten Sennov & Anette Rasmussen
See www.fourelementprofile.dk under 'Calendar'

The summary continues on the next page...



Helsinki, Finland:

2-day Elements Workshop (day 1), 21st April 2012

Instructors: Carsten Sennov & Berit Reaver

See www.fourelementprofile.eu under 'Calendar'

2-day Elements Workshop (day 2), 22nd April 2012

Instructors: Anni & Carsten Sennov and Berit Reaver

See www.fourelementprofile.eu under 'Calendar'

Bergen, Norway:

2-day Elements Course, 12-13th May 2012

Instructors: Carsten Sennov, Astrid Dyve & Kristian Fredheim

See www.fourelementprofile.no under 'Calendar'

Aarhus, Denmark:

2-day Elements Workshop, 22-23rd May 2012

Instructors: Carsten Sennov & Anette Rasmussen

See www.fourelementprofile.dk under 'Calendar'

Remember that you can sign up for our Scandinavian **four element profile™** newsletter at one of the following websites:

www.fourelementprofile.dk

www.fourelementprofile.se

www.fourelementprofile.no