

## SoulZigns Healing Hangout Audio Transcript



[S] We're recording a short guide on the upcoming magazine. We've come up with the deadline for the first issue, which is 8<sup>th</sup> March, which is International Women's Day – a good day for celebrating the magazine and the Divine feminine.

For those of you who don't know Camilla, I'll read out her Bio in a mo.

We're going to discuss how the magazine and its name came about, the aim of the magazine and how you can be a part of the magazine, if you'd like, with submission guidelines, topics etc.

Firstly, for those who don't know Camilla:

**Camilla Lundberg** is an Author & Spiritual Messenger, Intuitive therapist, Healer and Naturopathist (Nature medical therapist).

In her treatments, she uses her knowledge in, for example the elements, meridians, acupuncture and zones and combines it together with healing and her intuition.

She also works with help and messages from the angels.

As do I, and we've both realised, well, we've both woken up to the fact that we're also very much guided by Mary Magdalene and also Yeshua. They, of course, came to the Earth as a pair and still work together via people like us, souls like us; to continue their teachings, as the embodiment of the Divine masculine and feminine. With the magazine, we'll be concentrating more on the Divine feminine, to balance the masculine and feminine. That's one of the main aims of the magazine, I'd say.

[C] Yes, that's totally true.

[S] So, I'd like to do a quick grounding and connection. Set the intention that we are connecting. Imagine that we are all meeting in a bubble, stepping into it and standing on a bridge. An etheric bubble with a rainbow around it for protection – a spectrum of light and love.

We're all together in the bubble, on the bridge and on behalf of everyone here, I state:

*As I stand on this bridge, I declare my knowing of my oneness with Creator. As a creator being, I expand my consciousness and connect with all those who are here to mutually connect with me and me with them for the highest good of all. I connect and build bridges of*

*love and wisdom with and to all those who can assist me and those whom I can assist. I release all negative connections of every kind and therefore cause positive outcomes for everyone. So, I call specifically here and now upon all those who have something to share with SoulZigns. With much love, it is so.*

Now we'll discuss how we met each other very briefly and how we started working together.

[C] We met in October 2015. We both joined a course in Glastonbury. We'd both felt that we had to go there. That's how we met.

[S] Yes, and we realised that we are soul family.

[C] Yes, we really realised that. Well, during the spring of 2016 I was writing a book and I released it in April in Swedish – *Kärlekens Budskap*. After that I asked the angels for help with the translation for the English version, and you contacted me.

[S] And I said: "I am the one who is going to do the translation."

[C] Oh you are. Thank you so much.

[S] Yes, it's actually been submitted. After proofing we re-submitted it. *Messages of Love* has been re-submitted today for acceptance for printing. Soon, the book will be available for those who are here to receive the messages of love.

We realised that we're very connected and have been guided by Mary Magdalene over the years without realising. Both guided by the angels, receiving messages. We've received guidance to work together on various books and projects and the magazine.

Perhaps we'd better say how the name came about. We were trying to decide on a name.

[C] We were checking so many names and so many times.

[S] They'd already been used for other magazines or books or they are brands or trademarks etc. So, we had to check everything and we had so many to check. We were guided – we spoke to Lisa Barnett on a Skype call and she suggested we go into the Akashic Records to ask for guidance, and in fact, Mary Magdalene was guiding us. She wrote the Gospel of Signs and she wanted signs to be in the name of the magazine and we wanted it to be about the Soul. We came up with Soulsigns, but that had been used. Then Camilla was inspired to take the Z from magazine and make it *SoulZigns* with a Z.

So, a lot went into the name of the magazine, of the feel of the magazine, the aim and to have the right energy for the magazine. It's now SoulZigns with a Z.

And the aim of the magazine – yesterday you said to me something that you wanted to add as the aim. Would you like to share what that is?

[C] Yes, **I want it to be uplifting. To give hope and love and strengthen all who read it.**

[S] Yes, absolutely and that's my sentiments too. Uplifting for us, the editors and for all those who read it and share in it, which we'll deal with a bit later.

I have a written statement for the magazine's purpose. The magazine's purpose is to touch your soul and reveal the adventure it yearns to be, fully expressing YOU. Discover the pure love, joy and magic in the world within and around you. Sharing light and love.

So, if you share in our beliefs, in the purpose of the magazine we are welcoming submissions. If you feel you have something to share, either writing or photography, we'd like to share with you some of the topics we'll be covering, so that you get some inspiration or ideas of how you could participate in the magazine.

Camilla, would you like to share some of the topics we've already decided upon?

[C] Yes. Inspirational stories, natural medicines, interviews, self-development, self-love which is important, love, inner peace...

[S] Peace, starting with inner peace. As you pointed out to me earlier, so many people don't realise that they have to begin with their own inner peace.

[C] Yes. To have peace on Earth, we have to work on ourselves – peace in our inner self first.

[S] To be able to share with others and help others... What else? Sacred sites... I'll be sharing Angel Cuddle Trails – visiting sacred sites and sharing the energy.

Herbs, angel messages, Mary Magdalene, meditations, recipes (if you have recipes for healthy eating; also, medicinal recipes, healing or preventative recipes/remedies); we'll be sharing our own, but we'd love to collect other people's.

Crystals, angels, Archangels, fairies, Ascended Masters, colouring therapy (it's something Camilla and I have been working on – a colouring therapy project. I also know that other people design patterns and mandalas that help you de-stress, relax, focus on certain things, even meditating while you are colouring). So, if anyone has anything in that line they'd like to share...

There's a page on the Angel Cuddle Café site, [angelcuddlecafe.com](http://angelcuddlecafe.com) entitled “Being a part of Angel Cuddle Café” (<http://angelcuddlecafe.com/being-a-part-of-angel-cuddle-cafe/>) which has guidelines on membership and the guidelines for magazine submissions, in far more detail than we're giving here. All the nitty gritty. Copyright, that kind of thing, the Bio, all you need to know. That will be evolutionary as we find there are things to guide you with.

We may update with guidelines like: “This is what we are looking for at the moment...” and that type of thing. So, that will be ongoing, but the basic guidelines are there. Length of articles, for example, or photo resolution, that type of thing – all the details that are necessary for you to submit whatever you'd like to submit.

The magazine will be quarterly.

Submissions will be ongoing and you can submit at any time, but if you want the submission to go in a particular edition, you will need to submit about 3 months in advance of the actual issue date. In this case (for the first issue), if anyone wanted to submit, it would have to be done fairly quickly.

There's a contact page on [angelcuddlecafe.com](http://angelcuddlecafe.com) (<http://angelcuddlecafe.com/contact-us/>) where you can contact us with any queries or suggestions about the magazine. Or you can email me at: [sarah@angelcuddlecafe.com](mailto:sarah@angelcuddlecafe.com). Include “Magazine” in the subject so that I know it is specifically about that.

We really are looking forward to presenting the magazine to the world and sharing with others, and letting others share their souls, their experiences and help others. We really would love to have your submissions. If we can't use it for the magazine, we may say we can use it for the blog instead. So, there are two options or opportunities.

Nothing else needs to be said at this moment, so we will say thank you, thank you, thank you, angel cuddles, love and light.

Love from me and love from Camilla...

[Angel Cuddle Cafe](#)