



Tania Ahsan receives transmissions from healer Melissa More with a view to increasing her compassion for the world around her...

There is a part of me that I'm not very proud of; I judge people. My day job is essentially about choosing one thing over another – one feature over another or one book over another – and that means that you have to judge and make a call based on the best of your knowledge and ability. That then becomes hard to switch off and you find yourself judging the choices of friends or reacting to challenging situations with angry judgement instead of compassion. This self-knowledge means I often avoid workshops that talk about love and compassion and, in my own unevolved way, get someone else to go and attend. However, when an email came through from Melissa More, I immediately spoke

to my co-editor, Claire, and told her I wanted to attend and cover it. It was unprecedented behaviour, but I find out later at the workshop that actually everyone there that weekend receiving transmissions will have been energetically, and unconsciously, prepared for it over the past three months.

The workshop takes place at a beautiful, large and sunny flat near Angel Islington in London. There are seven of us at this level 1 workshop. The series of workshops is called The Light Language of Love. It is described as 'a pre-verbal, pre-visual, pure language activating true, unconditional love within'. It aims to energetically lift your life by giving you a Love Star which you can then activate to blow love energy into anything you want from life situations to people or buildings.

Letting Go

Every workshop I've ever been on always seems to require a big energy deposit from you as you engage in activities and ideas that are often pretty hard work. This workshop was something very different. We had been asked to bring a pillow and a blanket, but there were also pillows, duvets and rugs provided. I made myself a little woollen snug with pillows and my blanket over me. Melissa, a friendly, kind and upbeat facilitator, began by telling us about her own healing journey and how she came to be able to pass on these transmissions. Apart from the group in the room, around 30 other people all around the world were to be receiving transmissions at that time from her as well. In some of the countries such as Australia they may even be receiving them while they slept. Melissa

explained that there was nothing to "do" physically apart from lie or sit back and be comfortable. You were free to get up and go to the toilet if you needed to, and there were no special rules for engaging with the transmissions. Given how exhausted I'd been feeling recently, I was thrilled that I could just lie back and relax.

I decided to receive the first transmission – Freedom – lying down with my eyes closed. There was beautiful music accompanying the transmission, which took around an hour or so. Melissa's partner David was on hand to ensure the acoustics were perfect (look out for a feature on his ideas on sound quality in healing in **Kindred Spirit's** summer special). I felt really good during it and I saw a number of different visions, including a bowl of mustard seeds making beautiful patterns by themselves. I know that mustard seeds are related to Saturn and this workshop was taking place on Saturday so it felt as though the universe was giving me a message to say that the seeds to this energy work were being planted that day.

Within the weekend's two days, participants receive five transmissions: Freedom; Compassion; Freedom Within Form; Light Within/Awaken Your Inner Muse and the Love Star. Melissa explained that the first day's three transmissions were all about clearing your energy and making you ready to receive the Love Star and then the second day was the "play" day when you get all the good stuff and learn how to use it to spread more joy and love in the world around you. I was a bit complacent about this because the first transmission had been so enjoyable that I couldn't quite get why Melissa considered the first day often a bit more difficult because people end up clearing things out and that can be uncomfortable. However, by the second transmission (after a short break), I completely understood what she meant.

Wriggling around

I found the Compassion transmission very difficult – I think chiefly because I have been having that problem with judgement and I felt very resistant to it. It felt as though something was energetically poking me and I fidgeted and moved around lots during that transmission. The music was still very beautiful but I found myself feeling irritable despite it. I had been reluctant to share these thoughts with the group. At the end of each transmission a 'spiritual microphone' or crystal wand was passed around in case we wanted to say something

(or nothing) about our experience. I had felt that sharing my discomfort might bring the group down if they had enjoyed the experience, but I was relieved when another member of the group said that she had felt anger during the transmission. I wasn't on my own with these problems.

In between the transmissions, Melissa told us fascinating stories about her experiences around the globe. She regularly attends the Burning Man festival as a healer in their 'first aid' tent. She has given healing sessions to famous actresses in Hollywood. But one of the nicest stories she told us was about being utterly broke in LA (there had been a problem with her debit card being swallowed at the ATM) and she passed by the grocery store on her way back to where she was staying when the grocery store owner frantically called her in and thanked her profusely for her healing. The day before she had been in the store and had seen that the store owner had a painful eye condition; she had blown on it three times using her healing technique and it had cleared up. He was so grateful he insisted she help herself to whatever she needed from the store.

The Light Language of Love course has four levels, all of which can be done either in person or remotely. Level 1 is the Love Star, level 2 is Multi-dimensional Love, level 3 is Kosmik Love and level 4 is Light Liquid Love. The final transmission of the first day was again very relaxing and enjoyable, but it completely whacked us all out so that several quite spacey cadets wandered out into the evening.

I seemed to have a massive healing crisis and my annoying recurrent eye infection was significantly more painful during the afternoon, but Moorfields Eye Hospital with an A&E department just happened to be directly opposite to the flat where the workshop was being held. I went in and within an hour I had been put on a special course of hourly antibiotic drops. It was serious enough that doctors said they would have been worried for my eye had I left it any longer and continued wearing contact lenses. I don't believe this was a coincidence and I think that the workshop was held in that specific location for the purpose of resolving my eye problem.

The good thing about the rather traumatic eye treatment was that the next day I got to experience a couple of remote transmissions. I tried to relax during the time of the transmissions, but the hourly eye dose meant that I was on edge all the time waiting for the medicine alarm to

go off. Eventually I listened to some of the recordings connected to those transmissions and enjoyed the process more. To be honest, I didn't feel any of the big changes that some people have reported from around the world when experiencing the course remotely. I attributed that to feeling ill and sorry for myself.

'Each person will have a unique experience while receiving the Love transmissions as we are all amazingly individual and need to shift different things in our mental, emotional, physical, spiritual, karmic, energetic and astral bodies etc.' explains Melissa. 'Some people feel waves of Love and Light, others have physical pain arising as things are released, others have images flashing in their mind and the list goes on, as we all have a totally individual experience. You will drop into a place of remembrance of who you truly are... Divine Love. You are an incredible, beautiful, eternal vessel of Love.'

The point of receiving the Love Star is that you then learn how to blow that love energy into all aspects of life, unlocking your true potential for love, compassion and abundance. I began attempting to do so a few days after the workshop. I was feeling quietly enraged about a stressful situation and I accessed my Love Heart and took three deep breaths. I then blew that into the situation. Almost immediately I felt better about it. Then the next day I received an email that made the whole problem go away. It was fast, effective and a great deal more compassionate than the raging or judgemental behaviour I would otherwise have engaged in. I consider that a fantastic result. 🌟



Find out more

Cost: £200. Concessions, payment in instalments is available. To book your place, please contact elianeprem@hotmail.com and for inquiries or individual sessions please contact melissa@melissamore.com. Visit www.melissamore.com