

Newsletter January/February 2009

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The more I read, the more I realize I have much to learn! I found the following pertaining to a direction for each year. This made me think about where I have been and where I am heading. Interesting to see that in 2008 I was definitely discovering 'who am I?' Already this year, it has been community that has been strong for me, either locally in Rhyl, or on the internet through Facebook and Skype. Not everyone is following this track, although many of us are.

So here it is:

- 2008 = Year of Solitude and Introspection - "Who am I?"
- 2009 = Year of Collaboration and Global Community - "Who are WE, together?"
- 2010 = Year of Rebirth and Conceptual Reframing - "What do WE wish to do now?"

What are your thoughts about this?

INTERESTING STORY

A friend shared this recently with me and it feels good to share it with you:

"Message from the American Elders

To my fellow swimmers:

There is a river flowing now very fast. It is so great and swift that there are those who will be afraid. They will try to hang on to the shore. They will feel they are being torn apart and will suffer greatly.

Know the river has its destination.

The Elders say we must let go of the shore, push off into the middle of the stream, keep our eyes open and our heads above the water.

And I say, See who is in there with you and celebrate. At this time in history we are to take nothing personally. Least of all ourselves. For the moment that we do, our spiritual growth and journey comes to a halt.

The time of the lone wolf is over. Gather yourselves. Banish the word 'struggle' from your attitude and your vocabulary. All that we do now must be done in a sacred manner and in celebration.

We are the ones we have been waiting for.”

Quote

“When you say “Yes” to something you include something you do want in your experience. When you say “No” to something you include something you don’t want in your experience”.

Jerry & Esther Hicks

TRAINING

We have a few more special courses on their way to you:

NORTH WALES

Improving Relationships

Creating Successful Days

Emotional Freedom Techniques

IRELAND

Kinsale - February and March 2009

SHANGHAI

Shanghai from 27th March until 12th April 2009

HONG KONG

Hong Kong from 15th through to 29th April 2009

FEEDBACK

Well the first Enhancing Confidence Course got underway this week. As usual, we had a great group of people together who shared lots, laughed lots, empowered themselves and changed lots! Here is some of their valued feedback:

- "Felt safe and in control of my destiny. I can now move forward into my chosen future without limitation. I can choose my own future. Really enjoyed the course, not too long, well put together, life-changing"
- "I really enjoyed the understanding about Time Line and being able to take away the CD"
- "The whole thing was helpful, it was perfect as it was. The worst thing was that it was too short!"
- "The best thing was putting the past behind me. I will take away the fact that I can change and start changing today."
- "The help in giving me confidence, the help to be able to stand up and not worry what other people think, getting rid of the inner voice were the best things"
- "Meeting new folk without fear was the best thing about the day. Can we do this again sometime?"

- "Loved the relaxation and the self-hypnosis. everything was good, gave me fun and space. Many thanks!"

EFT RESOURCES

Free Newsletter

Feel free to subscribe to my free newsletter which will keep you posted on where I am, all my news, upcoming training courses - not just EFT Training but also the new courses - Creating Successful Days, Improving Relationships, Enhancing Confidence & Self-Esteem.

AAMET Buzz

AAMET Buzz is a brand new resource for everyone either interested or involved in meridian energy therapies. Whether you're a practitioner looking to keep up to date with what's new in EFT, an EFT enthusiast looking for an AAMET approved course or workshop to attend, or a novice keen to learn more about Emotional Freedom Technique or other meridian energy therapies

EFT World Magazine

NEXT ISSUE

***** Stay tuned for next month's issue on DIVINE LOVE. What is it, how to manifest it. Find out more including a new online group *****

Please feel free to forward this email to others who are keen to empower themselves to make changes in their lives! Kindest regards and wishing you much success!