

SOOLUTIONS

XMAS NEWSLETTER



BE PRESENT this Christmas



REVEAL YOUR TRUE SELF IT IS YOUR GIFT TO THE WORLD

As the festive season approaches I find myself thinking about presents and gifts, the act of giving and receiving love and how it is to be fully present and loving with myself and others at this time. I am thinking about the many gifts and talents that I have to share with others and the many people that are present in my life right now and the gifts they offer and the challenges they present me with.

All too often it's easy to get caught up in the busyness of modern life and forget to be. We are after all human beings not human doings! Every day that I allow myself to BE fully present, I find many many gifts and opportunities for me to appreciate. Some of my greatest gifts like strength and courage have come from people who have challenged me to be more of who I AM.

The New Year is traditionally a time when we let go of the old and welcome the new, and yet often we find ourselves attached to people and places, things in our life. We are creatures of habit and our habitual patterns can sometimes restrict us. Why not take a moment now to notice your attachments, and your focus in life. What is it that keeps you holding on? What are you ready, willing or scared to let go of? The answers to these questions will help you develop a clearer sense of who you are and where you are going in life. Each of us have an inner compass in the form of true feelings and inner tuition. Sometimes however we forget to align ourselves with our true values in life and find ourselves "off course", "losing the plot".

Magic and Dreams, Love and Hope and Quality Street

Christmas can be a time of **magic and dreams**, a time of **love and hope**, or it can be a time of loneliness, and pain. Your beliefs are the foundation

for your quality of life. So if you would like more **quality streets** in your life, get clear on your values and beliefs, clear out any old negative or fearful beliefs that are holding you back. As with photography it is only through developing the negatives that we can achieve a positive outcome in life. As we begin to **shine a light** on our darkness and negativity we enlighten ourselves, setting ourselves free from the painful chains that bind us to the past and discovering a new way to be. Believing is seeing, for what we can perceive we can achieve, everything in our lives is simply a mirror or reflection of our most deepest held beliefs. We are each of us magnificent creators, bringing to life our dreams or nightmares, depending on whether we are focusing on love or fear.



Claim your Gift from Santa

Some of you will know of my special connection to Santa or Father Christmas, he is my Inner Father, eternally present for me and so many others who still believe. So this year I have been inspired once again to become as a child and write my list to Santa, I encourage you and your inner child to do the same, its amazing how powerful this process is, as I have found on many occasions now, old letters that have bought my dreams to life in the most amazing ways.

This year give yourself the gift of renewed and passionate love for yourself. Recognise the power that you have within you, let love guide you each and every moment of your life and support you in bringing your dreams to life.

Please write and share your Santa experiences.

Feed the World - Click and Give for Free

When you click on the hungersite, www.thehungersite.com

from there with just another 5 clicks....you can click on the;

breast cancer site funding free mammograms,
the child health site funding healthcare for children,
the literacy site, funding books for kids,
the rainforest site preserving endangered land
and last but not least.....
the animal rescue site funding food for animals

XMAS WISHES for you

My wish for you is that you **dare to dream**, process your negatives, accentuate the positives and allow yourself to **shine now** and always in all ways. If you are committed to transforming your life and would like to **connect with kindred spirit** then call now to book your place on one of the following workshops/courses.

Monthly Reiki Share

Starts Tues Jan 3 WSM 7-9pm £8 BOOK NOW !

Discover the art of Reiki, explore your healing potential under the guidance of an experienced professional Reiki Master. Receive Reiju Empowerments to further enhance your abilities.

Weekly Meditation & Healing Groups

Starts Feb 6 2006 Esporta, WSM Meditation 7-8pm £5 & Healing 8.15-9.15pm £5 BOOK NOW !

Learn the ancient art of Meditation and Healing and discover the many benefits they bring.

New Year Detox & Resolutions with EFT & Self Hypnosis

Sat Jan 14 2006 Esporta, WSM 10-4 £65 BOOK NOW !

Have you ever **set goals** and not achieved the results you wanted? **Believing is seeing.** Let go of limiting beliefs. Discover the power of your subconscious mind. BELIEVE that you can make it happen. **Program Yourself for SUCCESS**

**Release Limiting beliefs
Let go of negative emotions
Perfect the art of positivity
Create the future that you want**

Make 2006 your best year ever.

NEW YEAR NEW YOU

Quit Smoking Hypnotherapy Sessions BOOK NOW !

Slim Now Hypnotherapy Sessions BOOK NOW !

Soul Readings BOOK NOW !

LOOKING FOR A NEW CAREER?

Alchemical Hypnotherapy Diploma Course April 2006

Discover the power of Alchemy, **transform your lead to gold**, Connect with powerful inner resources, live a free and fulfilling life. For more information please call or visit the website.

***Wishing you all
a very Loving Christmas and Joyful New Year***

Kim

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Yes, you can!....reprint any tip on your website, own newsletter or message boards. Please give credit where it's due, and let people know where they can join the list if they want more!

Thank you!

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