

# Ultimate Well-Being *Newsletter*

Issue 17

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**SET YOURSELF FREE...with Leading Australian EMOTIONAL FREEDOM SPECIALIST**

## From My Heart to Yours

Hi there,

Well it's March already and what a year it has been already. As many of you know the Robert Smith seminars and *FasterEFT* trainings were a great success with rave reviews from attendees. Robert will be returning in September 2011, so take a look at his You tube (see below) as you too may wish to join us next time. I'm thoroughly enjoying my monthly seminars in Burwood for *FasterEFT* practitioners, where they are able to get more distinctions, practice and healing and of course lots of laughs. I've just run a 6 week program **Lose Weight by changing Your Mind** and will more sessions in May in Geelong. My new program **Perfect Love: Imperfect Relations** will also be starting in May. I also hope to see many of you at the Inner Peace Festival in Geelong on 29<sup>th</sup> May.

I hope you enjoy this month's newsletter. The focus this month is on the **Law of Attraction** (LOA). Speaking of which, I will be fulfilling another dream on my 'Bucket List' in April when I head off to swim with Whale Sharks in Western Australia. Never stop dreaming!

**Remember: Live in the NOW- Laugh everyday- Love forever!**

Love and Light

*Pam*

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## **‘Do what you can with what you’ve got and you’ll Discover you’ve got a Lot!’**

Many of you would have seen or heard of the movie 'The Secret'. This movie is responsible for raising people's awareness of *The Law of Attraction* (LOA) with its premise of "your thoughts and your feelings create your life" or that, your physical reality is a reflection of your inner reality. Even though more and more people have become aware of LOA there is still a lot of confusion about it.

Many people are doing the vision boards, the positive thinking, and the visualising of what they want, with seemingly little result. Many people are concentrating on their 'big dream for their future' and yet are very unhappy about their present reality and continually focus on what is wrong in their lives. When you are focusing on what is wrong, when you are thinking negatively about your current situation, when you spend 80% of your day frustrated, sad, annoyed, resentful, angry, unmotivated and confused; you are blocking the flow of positive energy and you are probably simply attracting more negativity into your life rather than the positive future you desire.

First and foremost you must realise that your **Power is in the Now**. You must stop thinking about what is wrong in your life, you must stop comparing where you are now with where you want to be. This kind of thinking simply creates resistance and will slow you down. You need to start focusing on what is right in your life Now, you need to change the way you feel Now. By making the best of your job or career, your money, your health, your relationship Now and by focusing on what is right Now, your focus will change, your thoughts will change and thus your feelings will change. You will be happier Now. And when you are happier and more positive Now you will automatically begin attracting more of what it is you are really wanting. You see the LOA never stops.

In the words of a LOA guru and spiritual comedian Andy Dooley, *'If you are not enjoying the meantime, you are wasting your time and your desires are going to take a long time'*. You need to focus on the Now, being happy with and making the best of what you have Now. Then before you know it, you will feel so good and you will be putting out such a positive vibe, what you want will easily manifest itself.

So remember: Your Power is in the Now and How you feel is how you attract, *'feeling first, manifestation second'*. If you are having some difficulties with feeling good, maybe I can help. There are often subconscious saboteurs to manifesting what we want in our lives, so if you are struggling to feel good there may be a saboteur at work. Give me a call now on **Free Call 1800 814 313 Or Mob: 0417 524 324** and discover how you can feel good for longer Now.

**"Imagination is everything. It is the preview of life's coming attractions." Albert Einstein**

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**Pam Wright & Associates** have practices in Geelong, Gippsland and Burwood in Melbourne. We offer individual counselling sessions, seminars and workshops, business mentoring groups and supervision to practitioners. We specialise in Personal Breakthrough sessions which maximise your potential and talents, assisting you to easily meet the challenges of modern life. Our business mentoring groups and workshops assist new practitioners grow their business.

**"Follow your bliss, and doors will open for you that you never knew existed" Joseph Campbell**

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### **Important Dates:**

Appointments available in **Burwood 4<sup>th</sup> & 5<sup>th</sup> April**

Appointments available in **Gippsland 7<sup>th</sup> & 8<sup>th</sup> April**

**Free 2 hour talk: 'Stress Free Living' in Morwell 7<sup>th</sup> April**

**Free 2 hour talk: 'Stress Free Living' in Geelong 26<sup>th</sup> April**

***Lose Weight by Changing Your Mind:*** Geelong in Thursday May 5<sup>th</sup> - 6 Week Program

***Perfect Love: Imperfect Relations:*** Geelong in Tuesday May 10<sup>th</sup> – 6 week Program

**Inner Peace Festival:** Geelong Sunday 29<sup>th</sup> May

"Whatever your mind can conceive and **can believe**, it can achieve." Napoleon Hill

## **A dozen Top Points about the Law of Attraction**

1. Thought = creation. If these thoughts are attached to powerful emotions (good or bad) that speeds the creation.
2. People think about what they don't want and attract more of the same.
3. Law of Attraction believes, ***"it all starts within. What is in there is out there"***.
4. What you think and what you feel and what actually manifests is ALWAYS a match - no exception
5. Law of attraction believes we create our own reality
6. Happy feelings will attract more happy circumstances
7. Start by using this sentence for all of your wants: "I'm so happy and grateful now that.... "
8. Decide what you want.. believe you can have it, believe you deserve it, believe it's possible for you
9. Close your eyes and visualise having what you already want - and the **feeling** of having it already. Then release into the universe. The universe will manifest it.
10. Focus on being grateful for what you have already. Enjoy it!!
11. Go for the sense of inner joy and peace then all outside things appear.
12. Have a healthy respect for yourself.



**Pam Wright & Associates,**  
Emotional Freedom Specialist  
Geelong, Burwood & Gippsland  
Australia Wide  
Free Call 1800 814 313  
Mob: 0417 524 324  
[www.pamwright.com.au](http://www.pamwright.com.au)  
[pam@pamwright.com.au](mailto:pam@pamwright.com.au)

**‘When you get into the Now you will get into the wow!’ Andy Dooley**

