

Ultimate Well-Being *Newsletter*

Issue 18

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

From My Heart to Yours

Hi and Welcome to my June newsletter,

Since my last newsletter I have completed a lifelong dream of swimming with the whale shark. What a truly amazingly gentle creature they are, ranging from 4.5-5 metres in length and those were just teenagers. They were just as curious about us as we were about them and they kept circling and we had to try and stay 3 metres away, not easy by any means. I also experienced an Ultra Light Flight over the peninsula and the beautiful Ningaloo Reef where we could see dugongs, turtles, eagle rays and sharks. I encourage everyone to make their dreams a reality, it is definitely worth it. I have also recently run a number of Stress Free Living talks which have received a phenomenal response and my *FasterEFT* seminars for practitioners are held monthly in Burwood. Make sure you check out my other programs and workshops; ***Lose Weight by Changing your Mind; Change Your Mind Change Your Life*** and ***Unlock the Key to your Abundance***. And a big hello to all the people who joined me at the Geelong Inner Peace Festival on the 29th May.

Love and Light

Pam

Not getting the Answers or Results that you want?

Maybe you should start asking better Questions!

Floyd Henry Allport once described the subconscious mind as a huge horse galloping along and the conscious mind a small jockey trying to hold on and gain some control. This is a perfect description of how the subconscious and conscious mind interacts. Did you know that the subconscious (or unconscious mind) is always in control?

In an effort to have control, our conscious mind asks lots of questions, to analyse ourselves and try to find the answers to both our own and other people's behaviours. And our subconscious mind will always endeavour to find the answers to our questions.

The problem for many of us is that we are simply asking the wrong questions

So we ask, "I had a good childhood, so why am I so screwed up? Why is my boss so mean? Why do all the people I attract hurt me? Why don't I get the promotion? Why does everyone always leave me? Why am I so fat etc etc."

What happens when you ask these questions is that the subconscious mind sets about finding the answer for you and it will look for all your experiences, your memories and feelings that support this statement and will come back with proof. So it tells you, "You're fat because you're lazy, you eat too much, you don't exercise enough, it's in your genes, you

have a low metabolism, underactive thyroid, you're big boned, and so the list continues. The problem with these answers is that they reinforce certain beliefs and feelings about a situation and also these answers may not apply to you anymore, perhaps they applied to your past but are no longer true.

So if you don't like the answers or results you are getting – Change your questions.

“Why do I find it so easy to lose weight? Why do I feel so active? Why do I have so much energy? Why is it that everyone around me is so supportive? Why do I feel so healthy? Why do I feel so happy? Why do I feel so calm? Why do I feel so relaxed? Why do I feel so abundant? Why was it so easy to find that perfect job?”

When you ask these types of questions the same thing happens and you set the subconscious the task of finding out why this is true. And I bet you are going to like those answers a whole lot better.

Make yourself a list of 5 or more Empowering questions. Ask these questions throughout the day for a period of 2 weeks minimum and notice the difference in the results that you are getting.

And if you're still not liking your results or you think your jockey is in danger of losing the saddle and your horse will be galloping along completely rider less, then give me a call on **1800 814 313** and let's discuss how I can help you get back on track.

"Nobody can go back and start a new beginning, but anyone can START TODAY and make a new ending." Maria Robinson.

Important Dates

Geelong	1st June	Free Talk on Stress Free Living Grovedale
Geelong	4nd June	Change Your Mind Change Your Life
Burwood	5 th June	<i>FasterEFT Raving Tappers</i>
Burwood	6 th June	<i>Consultations</i>
Gippsland	7 th June	Talk to Traralgon Secondary College VCE Students Exam Stress
Gippsland	8 th June	Consultations
Geelong	9th June	Lose Weight By Changing Your Mind (6 week program)
Geelong	8th-17th June	Consultations
Geelong	19th June	Unlock the Key to Your Abundance
Geelong	21st-30th June	Consultations

And Remember my very Special Offer for 2011:

2 Hour Initial Personal Breakthrough Consultation is only \$145

\$120 1 hour consultation

\$200 2 hour consultation

\$180 2 hour Phone/Skype Consultation

"Logic will get you from A to B. Imagination will take you Everywhere." Albert Einstein



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