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EMOTIONAL FREEDOM SPECIALIST & STRESS EXPERT**

From My Heart To Yours.

Hi There,

Well it has been a busy couple of months since I last wrote. I have been conducting " Love Yourself, Love your Life" workshops in Burwood and Geelong and have also run the first of many Introductory to FasterEFT, all of which have proven very successful. I intend to do more of these in 2012 in addition to my new workshop Dynamic Healing Business, Authentic You - Authentic Business.

As a follow on from the "On the Shoulders of Giants" article in the October newsletter I am very happy to report that I ran the Geelong 12km Fun Run in 99 min and achieved a Personal Best. I have also started French lessons as I plan to go to France, visiting friends that are living there for the next couple of years. I am thoroughly enjoying learning this wonderful language. My theory is if the French men are flirting with me I want to know what they are saying, lol. I would like to wish everyone a very Merry Christmas and a Happy and Prosperous New Year full of family, friends, fun and laughter. Have a safe holiday and I look forward to catching up with you in 2012.

Love and Light

Pam



"With everything that has happened to you, you can either feel sorry for yourself or treat what has happened as a gift. Everything is either an opportunity to grow or an obstacle to keep you from growing. You get to choose." - Wayne Dyer

Diamonds Are Forever

I lived in the Latrobe Valley for most of my early life. The Latrobe Valley is where the Brown Coal comes from and as I look at my life now and I remember back to my younger self, I recall being very much like that Brown Coal.

I was very dark and very rough; rough around the edges.....

That doesn't mean I wasn't a nice person, because I was, deep down inside. And sometimes, when I felt truly safe, protected and loved, people would see that. But mostly, at other times, they would only see the roughness and the darkness.

Over time, I wanted to change, to better myself and then as time went on I saw myself becoming a rough diamond and some of the darkness lifted. But I yearned to be a diamond and sometimes there were more glimpses of it where I was smooth, precise, shining and I radiated.

As you know diamonds are formed by coal being under immense pressure and unfortunately, I wanted to be that diamond so badly, I was pressuring myself and I was taking a hammer to the bit of coal and bashing it about, trying to become that diamond..... and perhaps I was doing that to those around me as well.

But then I learnt new ways, different ways. So I started applying these different ways and slowly as the darkness lifted, there were glimmers of hope and I could see the person that I wanted to be more and more. There would be more rough patches and I would get frustrated and get the chisel out and the sandpaper to cut away at it. All the time I was so very impatient, wanting to be the person I knew I could be, the person I knew was inside of me, so very much.

Now, I am happy to say I see that diamond, that brilliance that radiates out, more and more. You know, for each person, their diamond can be a completely different thing. For me that diamond is taking responsibility for my life; it's about being accepting and non-judgmental; it's about acquiring wisdom and applying it. It's making peace with everything inside of me. It's divine love for myself and everyone around me.

I see that diamond more and more each and every day and my wish for you is that you can release the impatience and the need to have it now at all costs, because if I had done that right from the start I wouldn't have needed that hammer, or the chisel, or that sandpaper. I would have been kinder to myself and to others; I would have released the need for perfection and seeing myself as someone who needed to be fixed. I would have realised that it is ok to want self improvement, but self acceptance and acknowledgement of my good qualities and talents, rather than always being in a hurry to judge, find fault and compare myself with others would have made the whole process less painful and easier.

I wish I had realised that the diamond I wanted to be so badly was my true self and simply allowed that beautiful diamond to present itself to the rest of the world. I look forward to

seeing it and being it each and every day and my wish for you this Christmas is that you too give yourself the gift of self acceptance and recognise the diamond within you and allow yourself to truly shine.

2012 Schedule:

Based in Geelong Clients availability each week

Every Thursday Available Vital Health Chiropractic, Lara

January Canberra [Dynamic Small Business Workshop](#),
Authentic Self - Authentic Business [More Information](#)

4th February Burwood [Dynamic Small Business Workshop](#),
Authentic Self - Authentic Business [More Information](#)

5th February Burwood [Faster Raving Tappers](#)

6th February Burwood [Clients](#)

5th March Gippsland [Clients](#)

6th March Gippsland [Clients](#)

10th March Burwood [Intro to FasterEFT](#),
attend and qualified for the monthly Faster Raving Tappers [More Information](#)

11th March Burwood [Faster Raving Tappers](#)

Geelong [Energise Your Life!](#) [More Information](#)

26th March - 2nd April [Melbourne](#) Robert Smith FasterEFT trainings and seminars...



Diamonds are only chunks of coal that stuck to their jobs.

Minnie Richards Smith

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