

Tap Into Your Heart Newsletter

Issue One

14th July 2008

SET YOURSELF FREEWITH GIPPSLAND'S EMOTIONAL FREEDOM SPECIALIST

From My Heart To Yours A Message from Pam

Hi and Welcome to my first Tap Into Your Heart Newsletter. As you probably know I'm pretty excited. Firstly, I have been to the most incredible Training and have now added a vast array of new tools to my healing belt. But more about that later! I have also just returned from the most amazing holiday to New Zealand. *Wow!* What a beautiful place. The scenery was breathtaking and I got up to some pretty interesting things. One of my adventures involved a plane and a parachute..... *Whoooo.... what a rush!!!* And finally, I'm so excited because I have just moved into my new room at **Eva Lasting Touch** in Morwell which I am sure you will agree is lovely. Well I hope you enjoy my first newsletter and if you have any suggestions for future issues just drop me an email, or let me know when I see you next. Till Then.....

*Love and Light
Pam*

PS. Make sure you use your discount voucher!

Introducing New Sessions...

My New '**Relax with Reiki**' and '**Release a Belief**'
Isn't it time you took Action for yourself so you can live the life you are meant to?

Isn't it Time You Took Action?

Too many of us talk about doing this and doing that. So many dreams that we want to happen, one day, but don't take any action. We're waiting for the right time, for all the pieces to fall into place, thus enabling our dreams to come true. Well sometimes this happens, but more often than not it doesn't and you find that once again your dreams are put on hold. I have just finished Richard Branson's book, "**Screw It Just Do It**" and I loved it. It was a very small and easy to read book, and I didn't put it down until I'd finished it. What Richard's book did for me was to reinforce that sometimes you have got to make hard decisions and **just do it.** As you know I have recently returned from my holiday to

New Zealand and there were so many reasons, some very valid, as to why it was not a good time for a holiday. But now that I have returned, I feel so refreshed and my mind, body and soul have benefited from some recuperation. I am now so ready for the next step in my life, as I am filled with fresh enthusiasm, drive and vitality. I am very glad I made the decision to go and didn't allow the doubts or 'valid' reasons to stop me. So my advice to you is to **Take Action** whatever it may be and **Live Your Dreams.**

to be continued.....

"Take control of your life.... and live the magnificent life you were meant to."

We are now in the midst of Winter, which is the time when you *go within to explore your feelings* and look at what needs to *be released* so that in the Spring you can welcome new life and new growth.

Key words for Winter are: *Hibernate, contemplate, reassess, evaluate and release.*

A Lesson In Calm-Breathe in deeply through your nose and say to yourself, "I breathe in relaxation," pause, breathe out through your mouth and say to yourself, "I breathe out tension," Use each inhalation as a moment to become aware of any tension in your body and use the exhalation as an opportunity to let go of tension.

It's Winter and we all need a bit more nurturing in Winter.....

Time to Snuggle up with...a warm blanket, a hot chocolate, and a good book or favourite movie.

Have friends round for a cosy dinner

Sit in front of a blazing fire and toast marshmallows

Indulge in heart warming pumpkin soup with warm bread...yummy

Have a chat to someone you trust

Most importantly take to time to relax and recharge your batteries in readiness for the first buds of Spring.....

www.holisticheaven.com.au
holisticheaven@netSPACE.net.au

Tapping Tips

In each Newsletter I'll give you some suggestions to use when you're tapping. Repeat each 3 times whilst tapping on your karate chop point and then continue tapping on the points. (*If unsure check website*)

"Even though I don't know where to start I deeply and completely accept myself."

"Even though I am afraid of moving forward I deeply and completely accept myself."

"Even though I have a fear of failing I deeply and completely accept myself."

"Even though I am afraid of stepping out of my comfort zone I deeply and completely accept myself."

"Even though I am afraid of change I deeply and completely accept myself."



**Book Your Appointment Now
5134 3822**

Eva Lasting Touch
21 Hoyle St, Morwell
Reception Hours
Mon- Thur 10am- 6pm

**Discount Voucher
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