

Ultimate Well-Being Newsletter

Issue 10

February 20

SET YOURSELF FREEWITH AUSTRALIA'S EMOTIONAL FREEDOM SPECIALIST

From My Heart To Yours A Message from Pam

Well Hi There and Welcome to 2010, the Year for You to Shine. I trust you enjoyed your Christmas and New Year celebrations and they brought you peace, love and holiday cheer. I hit the ground running in January, when I was privileged to organise for Robert Smith, developer and guru of 'Faster EFT', to visit Australia and hold a Free Seminar, a 2 day Workshop on Creating a Harmonic Life and consultations in Melbourne. I am convinced that 'Faster EFT' is going to be the breakthrough in emotional and physical well-being that many have been searching for and am very excited to be offering this revolutionary therapy here in Australia. I have some very special discounts on offer at the moment so make sure you give me a call and continue to check the website for more information. So here's cheers for an exciting and healthy 2010...Let's get this party started!
Love and Light

Pam

PS. Your Life is an occasion. Rise to it!

Breakthroughs happen when you challenge your assumptions.

What is *Your* Body Trying to tell you?

More and more people are becoming aware of the mind/body connection. Thank goodness. But do most people actually realise how important it is to understand the effects of emotions, thoughts and beliefs on their body and their health? No, I don't think so. Did you know that Monday morning is the worst day for suicides, strokes, illnesses and heart attacks? Perhaps our bodies are trying to tell us something? Something about our lives; our jobs, relationships, attitudes and beliefs and how they affect our bodies and health.

You need to pay attention to your thoughts, your feelings and your beliefs. Are they negative, because if they are they are not only damaging your emotional and mental health, but also undermining your physical health? In fact more and more research is showing that many illnesses/diseases of the physical body are a result of unresolved emotional distress. Unfortunately people are not very practiced at recognising or dealing with their feelings in a positive and productive manner. The reason being is that it is often thought to be painful to deal with feelings head on, which is one of the reasons so many people turn instead to a variety of addictions or negative behaviour. However, burying yourself in food, cigarettes, alcohol, prescription or illegal drugs or risk taking behaviours is not a good solution. The feelings just become buried and the resulting physical damage can be so much more insidious. How many people feel stressed and just pass it off as an inevitable modern condition? Who suffers from aches and pains, fatigue that may actually be the result of unresolved emotional issues? The medical profession now recognises that stress is responsible for around 90% of illnesses, so can you imagine the savings in pain and money if we simply listened to our bodies, dealt with our emotional and mental issues positively and productively. 'Know thyself' is an old adage we should all embrace, as through greater awareness comes greater choice and freedom to 'Heal thyself'. I am offering you the chance to 'Know thyself' and deal with your emotional issues in a positive, supportive environment. The techniques I use, particularly the new 'FasterEFT' offers you a simple, effective way to break through your negative emotions and limiting beliefs quickly and positively, allowing you to enjoy emotional freedom and embrace greater health and well-being. Your body will definitely thank you.

Isn't It Time You Made Peace With Your Body?

I hope your answer is YES, because until you do make peace with your body, you will continue to struggle with weight and self esteem issues. Most people are at War with their bodies; they don't accept them, fight with them, abuse them, and are certainly never satisfied with them. You may recall Carson Kressley's hit TV show 'How to Look Good Naked' and the women's skewed perceptions of how they really looked and how ecstatic they felt once he had helped them love and appreciate their bodies.

This is such an IMPORTANT issue and affects so much of your lives therefore I am offering a **very special Workshop** designed to break-through your negative and unhelpful beliefs about your body, thus allowing you to take control of your self esteem and weight. This is an essential workshop for **all women** (yes, even those who are not over-weight) so I hope you will join me in Morwell on Sunday 21st February.

Give me a call NOW for more info,
Places are STRICTLY LIMITED. Phone 1800 814 313

Special Introductory Offer Get in Quick of Your 'FasterEFT Personal Breakthrough Session'

Whether you need help with Career, Relationships, Health, Finances, Stress or any other issue I have the SOLUTION for you. 'Faster EFT' is the most amazing therapy I've seen and I am very excited to be introducing this incredible discovery to you. For a **STRICTLY LIMITED** time only I am offering you the opportunity to have a **2 hour consultation** for the special introductory price of only \$80. (Normal Price will be \$222)

PLACES ARE STRICTLY LIMITED and with a price this good, they will go quickly. Phone me NOW for more information and to book your personal Breakthrough Session.
Phone: 1800 814 313

Book Your Appointment

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"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