

Tap Into Your Heart Newsletter

Issue Two

September 2008

SET YOURSELF FREEWITH GIPPSLAND'S EMOTIONAL FREEDOM SPECIALIST

From My Heart To Yours A Message from Pam

Hi and Welcome

Well it has been fantastic catching up with so many of you since my return. I have settled into my lovely new room at Eva Lasting Touch. And I have just come back from another inspirational training course with some fantastic ideas for the future. If you are interested in saving \$1000's on therapy you won't want to miss out on my upcoming Level 1 EFT training. I will also be running other workshops and am very excited about a Retreat I am organising for Oct/Nov. This has been a long time dream of mine and is another reminder to me that you should never give up on your dreams. I'll keep you posted.

Love and Light
Pam

PS: I would like to thank those of you who have given me a testimonial. If I have not caught up with you yet, I will soon. They have been a great help, so thanks again.

Want Success & Abundance?

Get your **FREE** CD when you book an appt with Pam in September
Hurry in and get yours Now!
Strictly Limited Supplies

www.holisticheaven.com.au
holisticheaven@netspace.net.au

"You gain strength, courage and confidence by every experience in which you really stop to look fear in the face. You must do the thing you think you cannot do." – Eleanor Roosevelt

Make Your Decision and Fly.....

I read somewhere that most people's number one regret in life wasn't the things they did, but rather the things they didn't do. The decisions they failed to make and actions they didn't take. You know-the things you don't do because of a sense of inadequacy or fear. Particularly a fear of failure. Henry David Thoreau said, "Most men live lives of quiet desperation and go to the grave with the song still in them." Having concerned themselves with day to day survival, they have never pursued their dream or followed their passion. But, why not sing your song? What is holding you back? Stepping forward into the unknown may be difficult, but what is the consequence of not doing it? Making decisions can be hard. Sometimes you need to take a step forward, a step closer to the edge and then a leap of faith-in order to fly. Sometimes you just have to jump off the cliff. And when you make the decision to jump, be prepared that you have to flap your wings to get to the other side. Stepping out into the unknown isn't necessarily easy, but it's far worse to just stay there and not make any decision. The indecisiveness can cause you real stress, which in turn can cause ill health. So if you are having difficulty making a decision, think about what it is really costing you.

Emerson said, "Do the thing, and you will have the power." So think about what you want to do in your life, make a decision and then take action and live a life free of regret.

Save \$1000's on therapy Discover for yourself This Powerful yet Amazingly Simple Technique

Level 1 EFT Training

This is your opportunity to discover an amazingly **easy** process that will enable you to help yourself and your loved ones, Gain immediate results, Feel Great & Have Fun!

EFT is particularly effective for

Releasing Anger, Resentment, Guilt, Fears & Phobias, Anxiety, Grief & Loss, Sadness, Stress, Frustration, Reducing or Eliminating Pain, Depression, Cravings and Compulsions, Weight Loss. Correcting Blocks to learning

Saturday 27th September Cost \$95.00

BYO Lunch to share 10.00 – 2pm

Phone Pam Now: 0417 524 324

The first hint of Spring is here, heralding a time of new growth and fertility.

The warmth is starting to come back into the air and the buds are starting to bloom. The birds are starting to sing and it's time to celebrate life.

Key words for Spring: new growth, fertility, new beginnings, balance, harmony.

'Come to the edge
He said. They said:
We are afraid.
Come to the edge
He said. They came.
He pushed them, and
they flew.....'
Guillaume Apollinaire

Tapping Tips

"Even though I am scared to make a decision I deeply and completely accept myself"

"Even though I may lose something I deeply and completely accept myself"

"Even though I'm scared I deeply and completely accept myself"

"Even though I don't know it's the right decision I deeply and completely accept myself"

"Even though I've made bad decisions in the past I love and forgive myself and I now choose to trust my decisions"



Book Your Appointment Now 5134 3822

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

The greater the obstacle,
the greater the glory of
overcoming it.
Moliere