

# Ultimate Well-being Newsletter

Issue Three

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## SET YOURSELF FREE .....WITH GEELONG'S EMOTIONAL FREEDOM SPECIALIST

### From My Heart To Yours A Message from Pam

Hi and Welcome to both past and new readers of my newsletter. Past readers will realise that there has been a name change, which is to reflect the new direction I am taking. I also feel the new name is more in keeping with what we all want to achieve, which is of course Ultimate well-being. As usual I aim to fit as much inspiration and information in as possible and hope you enjoy reading it as much as I enjoy writing it. My move to beautiful waterfront Geelong is now complete and I am enjoying getting to know the area. You may remember from my previous newsletters my emphasis on following your dreams and taking action. Well I am proud to say I follow my own advice. My new office is at Suite 3, 88 Sydney Road, Geelong and I hope to see many of you soon. Remember I'm also available for phone consultations and you can always email me too.

*Love and Light*

Pam

**PS: Don't forget I will be available in Morwell on the 15<sup>th</sup> & 16<sup>th</sup> Dec, if I don't catch up with you, I wish you all a very safe & peaceful Christmas and an abundance of happiness & prosperity in**

### You can Let go of Anger - and you can Take Back Control!!!

*Is Anger eating you up inside?  
Do you fly off the handle at the drop of a hat?  
Do you take it out on those closest to you? Or are you turning the anger on yourself and are suffering depression and self harming behaviours?*

*Well there is a solution!.....*

Anger is a normal human emotion. But it can also be one of the most destructive if it is out of control and not handled properly. There is nothing inherently wrong with feeling Angry, after all it can help you recognise when someone is not treating you appropriately. However, it is often the bottled up and unresolved anger that can be destructive and make your life, and the lives of the ones you love, pretty miserable. Your Anger may be unleashed on others in the form of road rage, temper tantrums, yelling, insults, sarcasm, the 'silent treatment', physically and many other destructive ways. Not very pleasant for the recipient, but also not good for you with repercussions such as guilt, stress, high blood pressure and other unpleasant symptoms. Anger turned in on yourself can lead to depression, physical illness, intense stress, self harming behaviours, and issues with food, alcohol and drugs.

Often times the over the top emotion you experience now is due to there being many layers of unexpressed anger that has built up over the years, often from childhood. Sometimes you may know where the anger is coming from and sometimes you may not. But you certainly feel the unpleasant affects. Right?

Well counting to 10 may work sometimes, but it isn't a long term solution. I can help you let go of your Anger issues once and for all, *quickly and easily*, so you can take back control of your life. Imagine what that would mean to you and your loved ones? The solution is simply a phone call away-call Now!

**Summer is here**, it's when the sun is high in the sky, a time to go out and enjoy the great outdoors. Activity or just lazing in the sun.

Key words for Summer: Play, Fun, Intuition, Remember our dreams from youth, colour red, alimnet of fire.

**Discover for Yourself The Amazing Healing Power of this Simple Technique to:**

Heal Relationship Issues, Easily Release Anger, Anxiety,

“Give yourself the compassion, friendship, and support you would give to anyone you care about.”

Shakti Gawain

Yes, **Christmas** is supposed to be a time of joy, laughter, giving and spending quality time with family and friends. But, for many it is not a time of celebration, but one of stress and worry. Whether it is because of stress, anxiety, frustration or anger over financial concerns, family relationships, loneliness or any number of pressures; Christmas truly can be a difficult time for many. Many people try and avoid these situations, attempt to battle through, or simply don't enjoy the 'holiday spirit'. Sometimes we can believe there is no solution, but I can assure you that there is. If you are finding it difficult to muster any 'holiday spirit' and would prefer that the 'ghosts of awful Christmas pasts', didn't visit you this year-give me a call and we'll have a chat about how I can help. You never know, you just may be decking the halls with holly and Christmas Cheer after all.

**Call Now** Make this the best Christmas ever

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& Associates

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**Free Call 1800 814 313**  
**For your Free Report**

<p><b>2009</b></p> <hr/> <p>“Life is what it is, you cannot change it, but you can change yourself.” Hazrat Inayat Khan</p>	<p>Resentment, Sadness, Stress, Frustration; Fears &amp; Phobias, Grief &amp; Loss, Reduce or Eliminate Pain, Guilt, Cravings, Depression, Compulsions, and assist with Weight Loss.</p>	<p><a href="http://www.pamwright.com.au">www.pamwright.com.au</a> <a href="mailto:info@pamwright.com.au">info@pamwright.com.au</a></p>
<p><b>“A Safe Investment at the Present Moment is the Investment you make in Your-self. Invest in Your-self Now and Enjoy Success 4 Life”</b></p>		