

Ultimate Well-Being Newsletter

Issue Four

10th February 2009

SET YOURSELF FREEWITH GEELONG'S EMOTIONAL FREEDOM SPECIALIST

From My Heart To Yours A Message from Pam

Hi and Happy 2009,

*Can you believe we are into the New Year and once again it is moving so fast we are already at the end of the first month? Now I am sure a few of you have made some New Year's resolutions and are already feeling the pressure of sticking to them. Well I will let you in on a not-so-very-secret secret....., they don't work! And the reason being is we make them on New Years and mostly check back in at the end of the year to see how we have done. A few years ago I was told or heard (not sure now) to make them an 'Intention' - not a resolution. For me this has been the answer. 3 years ago I made it my intention to make walking a part of my life for the rest of my life. What this did for me was it took some of the pressure off and when I missed a day or two it was no big deal as it was for the rest of my life. Now it's three years on and I absolutely love walking and have been on some amazing hikes (Wilson Prom light house) Last year my 'Intention' was to continue at the gym for the rest of my life and happy to say I'm still attending gym. This year is to make meditation a regular part of my life and though I'm still working on this one I trust that it will happen just like the others. **Give it a try!***

Love and Light

Pam

PS. Sometimes we need a little help to make positive changes and overcome negative habits. Give me a call, I'm sure I can help you.

Nothing will ever be attempted if all possible objections must first be overcome.

Samuel Johnson

Maintaining your Emotional Well-Being

What does this really mean? Many of us travel through life and wait for things to go wrong before we look at our emotions or our behaviours, believing in the old adage of 'don't fix what isn't broken'. Maybe you think that this is working for you, but is it really? Is going from one stress, trauma, bad relationship, or conflict to another working for you? When we are in the midst of a life drama it can be difficult to see a solution as we feel so overwhelmed we don't know how to fix it. So I prefer the adage of 'a stitch in time saves nine'.

The secret to maintaining our well-being is to look for patterns that keep playing out in our life and explore how we have created them. By looking for the patterns we can uncover the emotions and behaviours that keep us stuck, compelled to recreate the same traumas until we have resolved them. But the time to act is NOW, not to wait until you are in the midst of a disaster and feeling overwhelmed.

Just think about how you look after your car. We know that by maintaining it and looking after it now, we can save a lot of time, stress and money in the future. We check the oil, fill it with the correct fuel and have it serviced regularly, knowing that by doing so we won't end up broken down by the side of the road. Our car also gives us little signs when something is wrong so we can get it fixed early before the problem becomes bigger and more expensive. The same can be said for our body and our emotional well-being. It gives us signs that we need to pay attention to NOW. We need to give ourselves the same care and maintenance we give to our car, because by doing so we will save time and money, avoid unnecessary stress, and enjoy a much happier, brighter future.

Life is not meant to be a struggle and it can be easier than you think to let go of the old emotions, behaviours, thoughts, and negative beliefs that are keeping you stuck and wearing you down. But please don't leave it until it is too late, a little care and maintenance now can have you happily motoring along the highway of life.

Remember, the definition of insanity is doing the same thing over and over again but expecting a different result. Make 2009 your year to release the past and rev up your life and take it to the next level.

A Few Great relaxation tips

1. Take a Warm Bath; Soaking in a tub full of warm water can work wonders when you're feeling stressed. The warm water relaxes you physically, loosening tight, stiff muscles.

And, as a result, you relax mentally as well.

2. Read a Good Book; One of the best ways to deal with a stressful situation, especially if the stress is caused by something you have no control over, is to not think about it.

And one of the easiest ways to get your mind off things that are bothering you is to read a good book.

You can read the latest best seller that you've been looking forward to. Or, if you don't think you will be able to

Coming Soon New MP3 Download

Crystal Cave Journey Visualisation Audio presentation

For many years now I have run guided visualisation classes. One of the most popular is a beautiful Journey into a Crystal Cave by the beach. This amazing journey utilises both colour and crystal energies to help rebalance and re-energise the body's main energy centers, known as chakras. This visualisation helps you to release stress and revitalise your energies with a very special healing. Your body and mind feel so clear and energised afterwards, it is simply amazing. Soon you can enjoy this special healing journey in the comfort of your own home. This visualisation will be available to you as a simple MP3 download direct from my website. This Product is now being placed onto my website so it will be long and you will have your own Crystal Cave Journey for only \$18.95

Book Your Appointment

Suite 3, 88 Sydney Pde
Geelong 3220

Ph: 03-5242 8887

Mob: 0417 524 324

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

**Visiting Morwell
16th & 17th February 2009**

concentrate on anything new, choose an old favourite that you're already familiar with.

3. Listen to Some Music; It's a proven fact that soothing music can be relaxing. The type of music you choose is entirely up to you. Buy a CD or cassette featuring soft, modern ballads, gentle classics, smooth jazz, or New Age music. When you feel stressed, pop the music into the player and let the music carry you away.

"I was in a very low state emotionally and physically when I read Pam's advertisement in the paper. The releasing of a long held damaging emotion seemed so appropriate. Initially I felt a little awkward with this "tapping thing" but now, after only two visits the effect it has had on me is amazing and very positive. Now whenever I need reassurance and comfort I just reach for Pam's newsletters and do a little tapping, I so look forward to the arrival of each newsletter.

Thank you Pam
Therese

Eva Lasting Touch
21 Hoyle St, Morwell
Every **Even** Month
03-5134 3822

www.pamwright.com.au
info@pamwright.com.au