

Ultimate Well-Being Newsletter

Issue Five

15th April 2009

SET YOURSELF FREEWITH GEELONG'S EMOTIONAL FREEDOM SPECIALIST

From My Heart To Yours A Message from Pam

Hi All I have been doing a lot of public speaking since I have moved to Geelong as a way of letting people know that I am in town and what I do. Also spreading the EFT word and teaching others to TAP. You know what, I am really starting to enjoy it and get some great feedback from people, Some of the support groups I have presented at are Geelong moods, Chronic Fatigue, Fibromyalgia, living with Cancer and Curves and also free presentations to the public. I have just had an interview on the community radio that was very exciting.

*Love and Light
Pam*

PS. I really enjoyed being back in the Valley with the beautiful rain and the smell of the bush. At the expo it was great catching up with colleagues, clients and friends.

*"I found the EFT to be very easy and felt a lot calmer and clearer after the session, it was extremely beneficial."
Thanks Pam. Kendra, Traralgon.*

Your Goals, minus
your Doubts,
equal your Reality

Goals-Doubts=Reality
Ralph Marston

Your Key To Weight Loss

For many years I have avoided the Weight Loss issue, because of my younger years when I was obsessed with my weight problem. You know the story, losing 25kg gaining 30kg, dieting again and again going to extreme measures and blaming my weight for everything wrong in my life. I was an over-eater, grabbing for the wrong types of food and eventually I became a huge sweet tooth and chocoholic. Most of us know how to eat properly and exercise, so why don't we look after our health? What is it that stops us from reaching our ideal weight and maintaining it? Well I believe that it is our emotions, beliefs, programming, language, conditioning and values. All these things play out in our subconscious and this is why Weight loss is such a huge issue and industry. But the great news is that all of these things can be changed. It's not a quick fix or overnight breakthrough, but is also not that hard either and it's forever. Over the last couple of years I have been systematically working on the issues that led me to reach for food (or whatever the substance) in the first place. By doing this and exercising for 30 min most days (gym, walking or both) I have been able to lose over 12 kg, eating whatever I like, but there has been a natural tendency to reach for healthier foods and recently I have started learning more about carbohydrates and protein. My belief is that by managing our emotions and our state, we are able to manage our weight forever. So it's about how committed and determined you are to eliminating some emotions, changing your lifestyle, relationship with food and sometimes changing those you spend time with. Finding out what is really playing out in your life **Now** and putting an **END** to it-Is Your Key to Weight Loss Forever!

Avoidaholics: I heard this word recently and it just resonated with what I have been saying for years and that is no matter what problem you working with, drug addiction, cigarettes, alcoholism, workaholics, chocoholic, foodaholic, sex addict, too much exercise, internet or TV. The underlying reason for all of these is that we want to feel better and we want it now.

Learn to Manage your Emotions and your State!

A Few More Great relaxation tips

1. Take a Deep Breath,
Something as simple as taking a couple of deep breaths can work wonders. So, the next time you feel stressed; take a few slow, deep breaths. And, if you can, add a full body stretch. Stretching and yawning are also relaxing.
2. Try Aromatherapy,
Certain scents have been found to have a calming, relaxing effect on the human body. One of those scents is lavender.
You can buy lavender candles at a health food store or online, and place them around your home or office. Whenever you're feeling stressed, burning a lavender candle can help you relax.
Just make sure your lavender candles are made with essential oils.

At Last! The Real Solution to Weight Loss Is Yours

Do you struggle with your weight?

Are you sick of dieting and it not working?

Take control of your eating habits once and for all!

Immediate, Fast, Easy and Effective Results

Now's the time

We have the tools! This is what you have been looking for!

1 Saturday and the following 2 Thursday nights

Saturday, May 2 10am - 4pm

Thursday, May 7th 7pm - 8.30pm

Thursday, May 14th 7pm - 8.30pm

Drysdale, Springdale Neighbourhood centre

Your Investment in yourself and your future is \$160.00 Paid In Full

*Free yourself from your
Weight Issues forever.*

Two New Weight loss MP3 Tapping Audio Presentations

It's just like having me there with you in your own private consultation.

Addressing issues such as

Having too much weight to lose, Self esteem
Sticking to a menu plan
Guilt and Shame
Weight plateau
Slow metabolism
Emotional food issues
Cravings.

These Audio Presentations are designed for people who already have the fundamentals of EFT and are presented in the same way as a consultation, whereby you follow along with what I say and tap where I tap.

No better way to start to eliminate the subconscious programs that are running you.

COMING SOON

Book Your Appointment

Suite 3, 88 Sydney Pde

Geelong 3220

Ph: 5242 8887

Mob: 0417 524 324

Free Call 1800 814 313

For your Free Report

www.pamwright.com.au

info@pamwright.com.au

Eva Lasting Touch

21 Hoyle St, Morwell

Every Even Month Phone

for next visit

From 20th April

5134 3822