

Ultimate Well-Being Newsletter

Issue Nine

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SET YOURSELF FREEWITH AUSTRALIA'S EMOTIONAL FREEDOM SPECIALIST

From My Heart To Yours A Message from Pam

Hi All

Well I have been doing lot's training over the past month and as always it is my commitment to continue to learn and pass these learning's onto you: my clients and friends. So stay tuned! While I was away, Christmas decorations began going up and I observed that for a lot of people this instantly means stress. It's a sign that they are running out of time and that their finances are not where they would like them to be.

There are others who just feel very apprehensive about Christmas, having to spend time with family they don't particularly get along with. Or Christmas may be a very sad time due to lost loved ones. This got me to thinking that I would love for each and every one of you to have the best Christmas Ever by offering 30% off my normal fees for the whole month of December. So let's all get into the Christmas Spirit and spread some cheer! Love and Light

Pam

PS. Make this the best carefree Christmas ever you deserve it!! Wishing you a safe and happy festive season ;-)

He who has not Christmas in his heart will never find it under a tree. ~Roy L. Smith

'Tis the season to be Jolly, or is It?

According to a recent survey, 1 in 5 of us find Christmas a source of anxiety and stress, rather than being a time of family, joy and celebration. Many find the demands of Christmas physically and emotionally exhausting and sometimes existing problems can seem even bigger. There is pressure on our time, finances, family relationships and even our physical health with the excess consumption of food and alcohol.

Instead of being happy and fun, it is often a time of unrealistic expectations and unreasonable demands and pressures. Also the ghost of unhappy family memories and arguments, or concerns over people's behaviour after a few drinks can be a worry for many.

The time to address your concerns is now. Please don't wait until Christmas day when the panic and anxiety has already set in and there is no turning back. I have helped many clients dispel the negativity and emotional burden of difficult family relationships, leaving them free to enjoy time with family free from dread. There are also many ways to help ease the pressure of unrealistic expectations and unreasonable demands, leaving you feeling confident and at peace with your choices and decisions about how you want your Christmas celebrations to be. Give me a call now and I will be happy to help you de-stress your Christmas and you will be soon be full of Christmas cheer and in the mood to celebrate.

Here are some Christmas tips to also help:

- Make a budget and a list before going shopping and stick to it.
- Make gifts instead of buying them, or at least set a realistic price limit.
- Have each member of the family buy for a different person, rather than everyone buying for everyone.
- Plan, prepare and shop early to avoid the last minute rush and impulsive buying.
- Set unrealistic expectations aside, don't expect everything to be 'perfect'.
- Be flexible, alternatives may be less stressful than sticking to 'tradition'.
- Limit alcohol consumption.
- Ditch commercialised consumerism and contemplate and appreciate the real meaning of Christmas.

Exciting Announcement My New WEBSITE

Which has a Wonderful New shop displaying all my latest product:

- Hypnotherapy Weight loss Mp3 download & CD
- Stress and Relaxation Mp3 download
- Crystal Cave meditation Mp3 download
- Tap with Me - Weight Reduction Vol 1 & 2
- Preloaded Mp3 Player with Weight Reduction Vol 1& 2 Tapping sequences and Weight Loss Hypnotherapy

Reminder to all

30% Off my normal fees for the month of December. This Christmas give yourself something that will last a lifetime!

Tapping tips

KC. Even though I don't like Christmas I deeply and completely accept myself.

KC. Even though I would skip Christmas if I could I deeply and completely love and accept myself

KC. Even though I don't want to see..... I deeply and completely love and accept myself

Top H. There is so much fuss & then it all over

EB. If I don't Rush around its not Christmas

SE. I don't know what to get..... for Christmas

UE. there's not enough time

UN. I can't afford that

CH. Christmas is just too stressful

CB. So many things to do, so many places to go

UA. There are so many choices



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May the spirit of
Christmas bring you
peace,

The gladness of Christmas
give you hope,

The warmth of Christmas
grant you love.

~Author Unknown