



BodyMind Balance

restoring balance to mind, body & soul

Newsletter - July 2010

A very warm winter welcome greeting to you all. Isn't winter fabulous, lots of warm nourishing soups, open fires, snuggly blankets and good company. Winter is a great time for percolating and consolidating where you are now - in preparation for moving forward or on. This has a real resonance for me as this is the essence of how I assist clients - acceptance, non-judgement and ease around where they are now, freeing up the energy so they can move forward and then assisting them to the next step.

Talking of steps, as part of my commitment to 'play bigger' and reaching a wider audience, I have been using the quieter home time that winter brings to update my website - it is completely revamped and now includes an online shopping facility for my crystal essences with more options and products to come. Have a browse and let me know what you think - www.bodymindbalance.co.nz. Feedback definitely encouraged!

Included in this month's newsletter are:

- **The three keys to moving on emotionally**
- **Day Spa Inspiration Night** - Embody your full potential
- **The Friendly Bean Counter** - Help for your accounts

The three keys are excellent tools for moving forward and I am happy to promote two great women who continually inspire me with their honesty and courage. I trust there is something to inspire and help you take action, whether it be allowing yourself to be inspired and pampered or outsourcing your accounts to give you more freedom and less stress.

3 keys to moving on emotionally

Wherever we need to move to, we have to start where we are. We are where we are and when we have no judgement around what this is eg 'good' or 'bad' we are able to move through without weaving a story around it. It just is and we always have choice. So when you are wanting to move on, try these three steps:

- Acknowledge and accept where you are eg I am feeling sad, uncomfortable, lonely, frustrated, angry etc...
- Take action to express this feeling eg set the timer and cry for 10 or 20mins or thrash a pillow, yell out loud (ideally not at anyone), play a game of squash or tennis, smash some glass into the recycling, journal - write 3x pages of A4 - get all your feelings out .. Then
- Change the energy - this can be going for a walk, singing, laughing or smiling even if you don't feel like it, clean out that cupboard, drawer or wardrobe, throw out unused clothes or items, do the ironing, get out in the garden or list 3 things to be grateful for however small.

Remember to let of expectations and travel lightly.

[Crystal
Essences
now online](#)

Check them out and let me know what you think.

Did you know?

Whether you think you can, or think you can't you are correct!

Great words of wisdom from Henry Ford

The best and only place to start creating a new life is where we are.

Sea Escape - Embody your full potential

Spend some time in the lovely Coromandel, being inspired by the inspirational Janelle Fletcher at Seascape next Friday evening 30th July. As the guest speaker she will be inspiring you to embody your full potential with the keys to body confidence, self-confidence and confidence to have the life you want. The evening is run by Lisa Stevenson from Sea Escape - a Day Spa in Tairua. Also on offer is an indulgence packages of 50% discount on a 1.5hr total face and body harmony package - a 1hr massage followed by a 1/2hr facial. Janelle is also offering one-on-one coaching/healing consultations at Sea Escape on the Saturday. For more info contact Janelle@janellefletcher.com or ph: (09) 416-0683

The Friendly Bean Counter!

Are you passionate about your business but not your bookkeeping? then let Kathy lighten your load. Kathy is honest, reliable, flexible, has a great sense of humour and is looking for clients to build her homebased bookkeeping business, (minimum 1day per week). She has excellent references and can be contacted on: 836 1152 or 027 243 6815

Testimonials and Feedback

I am looking to update my testimonials and feedback so if you would like to provide some feedback on how you and your life has been changed through my services or products, you can email the details to me at deb@bodymindbalance.co.nz.
Go well and stay warm.



FAIRS & MARKETS - I am next at Greenhithe Hall for the Angelite New Age Fair this Sunday 25th July 10.00am - 3.00pm. Greenhithe Hall, 7 Greenhithe Rd, Greenhithe

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