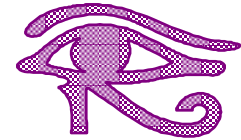


CAT's Eye

– the newsletter for:



Special Interest:

- Need to pee - [CLICK HERE](#)
- My weblog - [CLICK HERE](#)



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Newsletter April 2006, Volume 2, Issue 4

Ohhhh! I need to pee NOW! So I tap it instead ...

There are times when we need to do something URGENTLY, and the time or the place isn't always convenient.

As with needing 'to spend a penny' or similar - yet the 'convenience' just isn't conveniently situated.

I mean it's only a few miles away distance-wise - BUT 90 minutes time-wise. So what do I do?

This is the situation I found myself in once.

Read how I dealt with this 'urgent' situation and did actually manage to 'tap on it' using EFT and delay the inevitable - until the convenience WAS conveniently close to hand. [Click here](#) to read it.

So just HOW can you use EFT to delay physical needs?

Well you **have** to be 'right in there with the feeling' and tap on it **exactly** as it is.

Too often we 'dance around the situation', sometimes afraid to say exactly how we feel or even to admit what the consequences may be.

The Prime Directive in EFT is "only the client knows the right words".

So if you wanna pee, say you "wanna pee" and if you need to "do a number two" say it – only YOU know the right words for YOU.

Website links:

www.emofree.biz

www.create-the-reality.com

www.C2T2.co.uk

<http://hi-eft.blogspot.com/weblog/>

Contact me:

- page 2

The 3 Rs - Review, Renew and Release

No – MY 3 Rs are not Reading, wRiting and 'Rithmetic – as we used to call them at school here in the UK. MY 3 Rs are **Review, Renew and Release.**

So what do we mean by Review, Renew and Release?

Let's **Review** where we are at in our life, our work, our relationship, even our spare-time. Ask ourselves – "Has this 'episode' lived out its usefulness?" "Are we still enjoying it as much as we used to?"

Now to **Renew**, after deciding if something is still 'wanted' by us, we can

then Renew our relationship with it. Maybe at work we are in a rut and didn't realise it! Can we look to see how we can get out of that rut? Ditto with a relationship.

And IF we decide we can't get out of that rut, at work or elsewhere, then maybe it's time to **Release** ourselves from it, to cut 'the ties that bind' us to it.

This may be difficult to do, however what will be the consequences if we don't? That's the question we need to ask ourselves.

And a Life Coach may help us seek out the answer – for us.

Visit my Blog ... Hi-eft

What is a blog?

A blog is a web-diary where you can post items, articles or talk about something AND ask for comments directly on the site.

I first heard about blogs in November '05, subscribed to one in January '06 and released it in April '06.

So why the delay?

Simply - my mind & time has been on other things. And it was only when I cleared a space – in my mind & my diary – at the same time, that I progressed with it.

So please join me on it: [click here](#) – it'd be lovely hearing from you.

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www.create-the-reality.com

www.C2T2.co.uk

<http://hi-efb.blogs.com/weblog/>

The Benefits of Editing and Proofing – or to put it another way: 'Let's get What we Say and What we Write in Sync'

Ever noticed when we write something we often write it in a different way to how we would say it?

Ever written something similar to these:

1. Ladies, don't forget the rummage sale. It's a chance to get rid of those things not worth keeping around the

house. Bring your husbands.

2. For those of you who have children and don't know it, we have a nursery available.

3. At the evening service tonight, the sermon topic will be "What is Hell?" Come early and listen to our choir practice.

You know when someone else reads them out to you – YOU see the gaff!

So when editing, print it out, THEN some time afterwards read it aloud, better still, get someone else to read it out ALOUD to you and AVOID *that 'beetroot face' - that you'll find difficult to forget!*

Read any good books lately? – for a light bite try 'The Undomestic Goddess'

Passing through the Airport recently I realised I'd need a new reading book (*I was near my baggage limit so left my hefty tome at home!*) and after going through passport control I came across Sophie Kinsella's 'The Undomestic Goddess' and immediately thought it was about cooking!!

So I put it down sharpish, then picked it up again and read the back cover.

Mmm, "...about a girl who needs to slow down.. find herself" - sounds interesting. So I bought it.

And I couldn't put it down – it was light as a meringue to read; no sticky uncomfy bits

that irritated as I read it; the story flowed like wine; and I connected with Samantha's freedom to explore her new talents.

When I got to the last 50 pages I was in danger of burning the candle at both ends to see what happened – buy it - AND FIND OUT. It's a good easy & light read

About Our Organisation...

Our organisation offers a fantastic assortment of self-help, self-development, self-learning and self-healing.

It can: help you progress in your life, relationship,

career; help you set up your own business by lending moral support, challenging you, supporting you through the difficult times; and direct you to new pathways – in short it empowers YOU.

It won't: *finance you; pull the wool over your eyes; put you down or ignore you.*

It helps you help yourself!

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then please email me by clicking on one of the above lines

THANK YOU