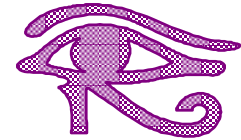


# CAT's Eye

– the newsletter for:



## Special Interest:

- STRESSED? – So just how can I relax more? Read part 3- [CLICK HERE](#)

• 'ZIP UP' page 2

- To view the 2006 training schedule - [CLICK HERE](#)

## Website links:

[www.emofree.biz](http://www.emofree.biz)

[www.create-the-reality.com](http://www.create-the-reality.com)

[www.C2T2.co.uk](http://www.C2T2.co.uk)

[www.oesassociates.co.uk](http://www.oesassociates.co.uk)

Contact me:

- page 2



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Newsletter December 2005, Volume 1, Issue 4

## “Have a very merry Stress-free Christmas Day this year”

Well it's THAT time of year again. And are YOU ready for Christmas?

Did you know that buying Christmas presents can be categorised? Are you a **Boring Beth** – *have a dull approach to buying presents as you buy what you'd like to receive*; or are you **Happy Hannah** – *a good planner who's chosen everything in plenty of time and considered each present carefully*; or maybe

**Miserable Mandy** – *“If only I'd bought that pressy then ... all the best pressies are gone now”*; or a **Desperate Delia** – *you need the buzz and excitement of dashing round at the last minute.*

Whichever it is, when you come to Christmas Day how will you be feeling? Here are some 'Burning Oil in a water burner tips for you:

Stress Release:

5 drops Rose +  
3 drops Mandarin +  
2 drops Cedarwood

Renew Sense of Fun and Increase Energy levels:  
5 drops Lemon oil

Morning After Mixture:  
2 drops Rosemary +  
3 drops Peppermint +  
2 drops Rosewood +  
3 drops Lavender

Mood Lifting:  
5 drops Orange +  
3 drops YlangYlang +  
2 drops Frankincense

## Exercise? – Nah! Relaxation? – Yes please!

Did you know that when you exercise AND relax you release 'Endorphins'?

Exercise to many of us means hard work, pain barriers, boring and repetitive actions.

However, it need not be like this. Let's be creative about our exercise – some of us get plenty yet we don't see it that way.

Walking an extra bus-stop *before catching the bus*, walking *faster* with the dogs, running up and down the stairs – *for the sheer exercise.*

It's the type of stuff many

of us do already and don't think of it as exercise – so we just do it a bit more!

Now what about the relaxation? That lovely thing that often we see as a luxury. What do we do?

We can use aromatherapy oils, crystals, tapping, music, swimming, reading, watching a video, massage (reflexology or head, neck & shoulders), meditation, progressive muscle relaxation, self hypnosis, even walking!

**Say “YES to Less Stress and click on STRESSED?** In the left margin

## Here's some Christmas Crackers for after dinner

1. Ask someone to say: **MILK MILK MILK** very quickly  
Now ask them:

**WHAT DO COWS DRINK?**

*Think about the answer they give - very carefully ...*

2. I made myself a snowball as perfect as can be

I thought I'd keep it as a pet and let it sleep with me.

I made it some pyjamas and a pillow for its head

Then last night it ran away but first ... *it wet the bed!*

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## Coaching YOU for YOUR Best New Year in 2006

Ask yourself with gentleness and patience, "In my heart of hearts, what do I really want?"

Be still, listen and honour the answers that come.

It may be a while before you hear the truest answer, which often speaks on a very quiet, almost imperceptible

voice. However you will know it when you hear it.

And the answer may be different from the life you are leading. That's okay. Simply live with this new insight and follow where it beckons.

WHEN you have the answer THEN you can:

1 Decide what you want for your FUTURE;

2 Stake your claim;

3 Having a goal or vision will give your life direction, purpose and passion.

*So in 2006  
LISTEN  
to what clicks  
with you*

### Here's a new meaning to "ZIP UP!" – *an Energy Protection exercise*

This is a very powerful 10-second exercise that is beneficial for ALL therapists and practitioners AND is also very beneficial for clients too. In fact I include it as part of my 'Therapists Maintenance' advice.

So, if you find you feel 'low' AFTER talking to or meeting

someone in particular then this 'low feeling' could mean that your 'energies' are being drained! –non-intentionally -by what I term 'energy vampires'. This protects us from 'negative' or 'lower vibration' energies.

SO – what do you do? Before meeting or talking to them try this out::

1 With the palm of your hand facing the front of your body and about 1-2ins (2-5cms) away from your body:

2 Move that hand down from your crown area to your pubic area once (UNZIP);

3 Now move that same hand from your pubic area up to your crown area 3 times (ZIP UP).

### ***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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THANK YOU