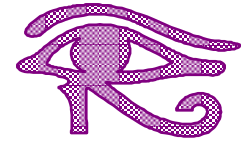


# CAT's Eye

– the newsletter for:



## Special Interest:

- Desk Feng Shui - [CLICK HERE](#)

- EFT and Fertility - [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)

Contact me:

- page 2



create - the-reality

emofreebiz



Newsletter February 2006, Volume 2, Issue 2

## Desk-space & Income Diminishing yet Trays Getting Higher?

I don't know whether you use a desk for your (office) work, or a table, or a shelf – whatever you use – have you noticed that the space available to work on is diminishing – and the trays or piles of work are getting bigger and yet your income isn't increasing?

In Feng Shui terms – the energy is *getting stagnant* because it's *not moving quick enough*. Have you noticed your *income* has

*slowed down recently?*

I have a consulting room and an office, the consulting room is clutter free as I see my clients there. Yet, my office is only used - and seen - by me, so stuff gets 'dumped' there!!

And when we often 'dump' stuff, it stays dumped until WE can't move. And we get so used to it being there – we just don't notice it! Recognise this?

This stagnant energy can be blocking our income from coming in.

So what can we do? Well we could clean up our act – by clearing up our desk and let the energy flow again.

Each area of our desk or working area has a specific function – so click on '[Desk Feng Shui](#)' in the left column and CLEAR your blocked areas to allow your income to flow.

## Fertility Problems? Well - tapping may help!

It is acknowledged now that stress can prevent couples from conceiving. Certainly nowadays in many Fertility Clinics there is often help available to couples – counselling or 'talking with the nurse' to help them with 'how they feel'. This is usually AFTER the treatment has failed – yet again!

However, over the years I have found that by helping the couples deal with their stressors BEFORE they go in for conceiving CAN and DOES help their stress levels drop.

Also, it's only been

recognised recently just how much our self-beliefs can affect our stress levels too.

I have helped many couples using a combination of hypnotherapy, relaxation or visualization AND Emotional Freedom Techniques (EFT).

Hypnotherapy etc to help them BEGIN to relax, lower their stress levels and put things into perspective and THEN use EFT to tap away their negative self-beliefs – if you want to read my article then [click here](#)

## Recycling Wax AND Saving Money

Do you use wax candle fresheners? You know – the ones you light up, they give off a beautiful aroma, then use almost all the wax – but leave bits around the sides? *I get through 5 or 6 a week!*

Well Angelina Ellis has a great way of recycling the wax as well as saving money.

When the candle's reached the bottom of the container, scrape out and chop up the remaining wax (not forgetting the bits that stick to the sides) then use the bits in a water/oil burner. They melt and solidify, melt and solidify. AND you can add oil fragrance to refresh it.

## Christina Elvin Consultancy

12 Kimble Close  
NORTHAMPTON  
NN4 0RF  
England

PHONE:  
+44(0)1604 768343

FAX:  
+44(0)1604 706609

E-MAIL:  
christina@emofree.biz

---

We're on the Web!  
See us at:

[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)

## Managing Stress with both sides of the Brain

The right brain hemisphere is acknowledged as being the creative side, the emotional, musical, craft-related intuitive side, connecting with the subconscious mind whilst the left brain hemisphere is the side that deals with logic, analysis, reading, writing, arithmetic and the conscious mind.

People are predominantly

more of one side than the other – very seldom are we balanced by nature, we normally have to work at it.

When we have a problem or issue we often become stressed and can't sort it out. So wouldn't it be useful if when we have a problem we can bring a balanced view to it?

Try this problem-solving

technique: (1) if you are right-handed\*, take a sheet of paper; fold it in half vertically; (2) on the right-hand side of the sheet write down the problem or issue; (3) with your left-hand write down your intuitive responses on the left side of the sheet. This engages BOTH sides of the brain.

*\*If you are left-handed simply reverse the instructions.*

## Lent – an ideal time not to 'give up something' but to 'give something'

Lent is almost upon us – and traditionally it's recognized as a time when we 'give up something' that we like.

However, Lent also comes at the 'BEST' time to introduce a change in something – it's the beginning of Spring and we feel better when we commit to something in the 'emerging energies' period.

So Spring is definitely THE best time to set our goals or introduce small changes.

I'm suggesting that instead of 'giving something up we like' why not 'give something we like to do' to help others.

May be you see clients – an extra 10minutes given freely may make all the difference

to them; or give a 'talk' to a local group, then donate your fee to charity; or give away free helpful handouts; or give of your time voluntarily to help a deserving group or charity; or visit someone who's lonely.

By starting this NOW – it'll be easier to stay with it. And you'll feel better too – **giving** NOT 'giving 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!**

### If you wish to:

- 1) [subscribe to this newsletter](#)
- 2) [make any comments](#)
- 3) [ask a question](#)
- 4) [recommend this newsletter to a friend \(please give their email address\)](#)
- 5) [suggest a topic for an article](#)
- 6) [submit an article](#)
- 7) [unsubscribe from this newsletter](#)
- 8) [discuss any other subject](#)

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

THANK YOU