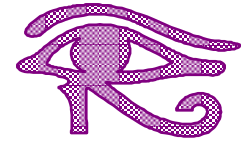


# CAT's Eye

– the newsletter for:



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

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Newsletter February 2007, Volume 4, Issue 1

## My Wish for You in 2007 – the oldies but goldies are the best

May peace break into your house and may thieves come to steal your debts.

May your pockets become a magnet for £50.00 notes.

May love stick to your face like Vaseline and may laughter assault your lips.

May your clothes smell of success like smoking tyres and may happiness slap you across the face.

May any tears you shed - be tears of joy and may the problems you had - forget your home address!

Take account that great love and great achievements involve great risk.

When you lose, don't lose the lesson.

Follow the three Rs: Respect for yourself, Respect for others and Responsibility for all your

actions.

Remember that not getting what you want is sometimes a wonderful stroke of luck.

Learn the rules – so you know how to break them properly.

When you realise you've made a mistake, take immediate steps to correct it.

In simple words ..... May 2007 be the best year of your life!!!

## Release that creativity - see what happens

Stress can, and does, block our creativity. Most therapists, practitioners and coaches will agree I am sure.

So just what can we do to 'unblock' that creativity and get it to 'flow freely'?

Recognising that it's blocked is probably number 1 - after all we soon notice when our drains become blocked, don't we? So why wait until we literally get the back-lash to tell us that we're blocked?

By helping keep our 'channels' clear on a regular basis, we can

keep our creativity flowing.

We can learn to release creativity by learning to relax our minds: listening to music, reading a book, changing activity or even environment can help.

Yes, just going to another room can help us 'unblock our creativity channels' – however that 'other room' needs to feel clearer and free-er than where we've moved from.

Just let yourself ponder a while about what YOU do to release YOUR creativity. And if it's not enough – then WHAT are you going to do about it?

## Weird things you would never know!

Butterflies taste with their feet.

A duck's quack does not echo – and no-one knows why.

It's possible to lead a cow upstairs – but not downstairs.

Elephants are the only animals that can't jump.

A snail can sleep for three years.

All polar bears are left-handed.

An ostrich's eye is bigger than its brain.

A crocodile cannot stick its tongue out.

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## For 2007 - Get yourself off that treadmill, start enjoying life ..

You may have noticed the lack of CAT's Eye recently or there again - you may not have.

Things have been pretty busy in some ways and not in others – *have you ever noticed that?*

In 2006 there was a lot going on for me and it felt as though I was on a treadmill. And at times when we are on that

treadmill it seems that there's simply no way off – and we're then put in a position where we MUST make a decision else something's gonna give.

And it's usually only THEN that we say "enough is enough, something HAS to change!" and only THEN we realize we've been on that treadmill!

Ask yourself, are you trying to achieve what 'others want you to achieve'? OR are you doing it because in your 'heart of hearts' you 100% agree with what you're doing.

*Helpful Hint here:* if it's the latter, there's no treadmill! So if you find yourself on that treadmill, ask yourself "who am I doing this for?"

## Brain Gym Exercises to keep you going through the day

### Balance Buttons:

Place 2 fingers behind one ear about 3-finger-widths away from the ear. Put other hand on your navel and hold for 30-60seconds as you breathe deeply. Change hands and repeat on the other ear. (Use for: *stimulating the body's balance system in the inner*

*ear; relaxing your eyes and the rest of your body; freeing your attention for easier thought and action; decision making; concentration; problem solving*).

### Energy Yawn:

As you begin the yawn, lightly press the fingertips of each hand against any tight

spots you feel where your cheeks cover the upper and lower molars. Make a deep, relaxed, yawning sound whilst gently stroking away any tensions. Repeat 3+ times. (Use for: *massaging muscles over the jaw area as this relaxes the jaw, freeing connections for increased whole brain integration*).

## ***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