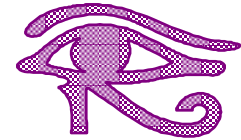


# CAT's Eye

– the newsletter for:



## Special Interest:

• Sponsor Me-  
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• Alcohol-related  
Anger  
[CLICK HERE](#)

• EFT & M&ET  
training  
[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)

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- page 2



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Newsletter March 2006, Volume 2, Issue 3

## Sponsoring help needed please - to help cancer research

How many of us have been affected by cancer? We may not personally have been touched by it however we nearly all know someone who HAS been.

On Sunday June 18<sup>th</sup> 2006, I shall be joining about 3,000 other women and taking part in the 'Race For Life' organised by CANCER RESEARCH UK and sponsored by Tesco.

I shall be part of a group of about 100 Soroptimist

International members – from the Midlands region of the UK.

Soroptimist International is a world-wide organization of 95,000 women who work together on specific projects, to help women and children, involving Education, Health, Environment, Economic and Social Development., striving towards Human Rights for all, Equality, Development and Peace through International Goodwill and Understanding & Friendship.

I feel honoured to be SI Midland East Region's President for 2005-6 and I have set myself a target of raising £500.00 for CANCER RESEARCH and would be grateful if YOU could help me reach this target – *to help continue cancer research:*

If you feel you **can** help me reach this target, whatever you can afford will help, then please [click here:](#)

**THANK YOU**

## Alcohol-related Anger released using EFT

When a *problem* is too uncomfortable to 'face' sometimes we turn to an alternative way of 'blanking it' from our minds. We 'deny' it's there, using 'alternatives' to deal with it, cover it up.

And then because *the problem* is STILL there when our 'blanking system' runs out, or drink wears off, or drugs subside, we are faced with the same uncomfortable problem **again**.

And so we turn again to our 'blanking system' to help us 'blank out' that *problem* again only this time we may need slightly more (of whatever it is) to 'blank it out'. Until we're living in an almost totally 'blanked out' state – out of touch with what is 'really' *out there* and then an addiction is set in place.

It may take some time to get to this stage, several months or years in some cases. However, our 'blanking system' at times can also have an adverse effect on us – it can change our normal behaviour! It's then often perceived by others that we're angry or sad or depressed! Read an article [about this click here.](#)

## The Power of Three

In Feng Shui the number 3 is considered to be an 'auspicious' number. It can also help YOU when you're thinking about doing something new.

Have you ever thought, "*I can do that*" then simply 'let it go without doing it'? And later thought "*Could I have done it?*"

So, why not **Try a Thing You Haven't Done Three Times?**

**Once**, to get over the fear of doing it.

**Twice**, to learn How to do it and a

**Third** time to figure out whether you like it or not.

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We're on the Web!

See us at:

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[www.create-the-reality.com](http://www.create-the-reality.com)  
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## Be like that Tiny Frog – and Reach Your Goal

Once upon a time there was a bunch of tiny frogs who arranged a running competition. The GOAL was to reach the top of a VERY high tower.

A big crown gathered around the tower to see the race and cheer on the contestants. The race began...

Honestly, no-one in the crown really believed that the tiny frogs would reach the top of the tower. You

heard such statements as: "Oh, WAY too difficult!!" "They will NEVER make it to the top." Or "Not a chance that they'll succeed. The tower is too high!"

The tiny frogs began collapsing, one by one ... except for those, who in fresh tempo, were climbing higher and higher ....

More tiny frogs got tired and gave up ... But ONE continued higher and higher and higher ... this one wouldn't give up!

At the end everyone else had given up climbing the tower. Except for this one tiny frog, who, after a big effort, was the only one who reached the top!

Then all the other tiny frogs naturally wanted to know how this one frog managed to do it. And so they asked that tiny frog how he'd found the strength to succeed and reach the goal.

It turned out ... the winner was **DEAF**. To reach your **GOAL**—be **DEAF** to negativity.

## Spring is here! Let's welcome the colours of spring & smile!

Have you noticed that Spring is tapping on our doors?

Certainly in the UK we can see new shoots budding on the trees, the grass is looking greener (*and needs cutting*), the daffodils are out, so are the primulas and forsythia and of course the *dandelions*

and *buttercups*. However let's not cut these 'weeds' *dandelions and buttercups* for just a few more days.

Yellow is the colour that heralds in the springtime. - yellow and of course green. These two colours abound with uplifting energy. The

sun is yellow and makes us SMILE. When we see daffodils we SMILE. When we see primulas and forsythia we SMILE. And when we SMILE we feel BETTER. Dandelions and buttercups also represent the sun – so SMILE and enjoy them - for a few more days.

### ***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