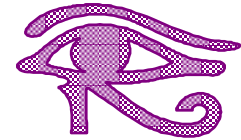


CAT's Eye

– the newsletter for:



Special Interest:

- NEW 'Positive Affirmation' labels
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www.emofree.biz

www.create-the-reality.com

www.C2T2.co.uk

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<http://stores.ebay.co.uk/emotionaltherapietrainin-gtools>



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Newsletter March 2007, Volume 4, Issue 2

Emoto's 'Messages' book inspires 'Positive Affirmation' labels

In September 2005 I read a very enlightening book, called 'Hidden Messages In Water' by Masaru Emoto. And I wondered if it would be possible for individuals to also benefit from such wonderful messages as "Love and Gratitude", "Courage and Peace of Mind" and other similar positive messages.

Masaru Emoto's superb and sterling work has taken many years of

research and has shown the world how water crystals can be affected by our environment and also how they can be changed – positively – by using positive and affirming words.

He states in his book 'The Hidden Messages in Water' *"I believe I am also starting to see the way that people should live their lives. So how can people live happy and healthy lives? The*

answer is to purify the water that makes up 70 percent of your body".

Well a few weeks later, a chance chat with a colleague lit-up my idea and I thought "Of course! Why not have some positive messages on cloth sew-in labels - which are worn directly next to our skin".

I had some made, tested them on human guinea pigs and now you can buy them – [CLICK HERE](#)

LENT is here – but are you giving up giving up?

Well it's that time of year again – when many of us have given something up – for 40days.

However it can be very difficult at times to stick to 'giving up' – even with the best will in the world.

So is there anything that can help us to stay off the alcohol or stop us craving cigarettes or chocolates or biscuits or whatever else we decide to give up?

Well – yes there is actually. Ever thought about tapping away your cravings?

Well if you haven't tried

this, then give it a go next time you have the urge to have that little drink or just a quick puff on that cigarette or a chocolate or just one more biscuit ...

Tap each of these points in turn and whilst you are tapping that particular point just take a nice deep breath in through your nose and slowly release it.

1. Tap Breast Bone 10 times
2. Tap Collar Bone 10 times
3. Tap Under Breast 10 times
4. Tap Karate Chop 10 times
5. Tap Gamut Point 10 times
6. Tap Breast Bone 10 times

Now - just notice how you feel? Still want that?

More weird things you would never know!

In just 10minutes, a hurricane releases more energy than all of the world's nuclear weapons combined.

On average people fear spiders more than they do death.

It's physically impossible for you to lick your elbow.

Almost everyone who reads this will try to lick their elbow.

The cigarette lighter was invented before the match.

Women blink nearly twice as much as men.

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Fake it 'til you make it – learning to wear confident masks

It's surprising how confident some people appear on the 'outside' - yet they may feel like a jelly on the 'inside'.

Whether you are an actor or therapist or coach or shop assistant or on a date, there is an expectation for you to be confident. And for the majority of us we will appear confident – on the outside. Even

though we may feel like a quivering jelly on the inside. In fact we put on an act.

Indeed, it's one of the 'masks that we wear' as we perform whichever roles we are in, at that time in our lives according to a psychologist called Goffman.

Confidence is a skill, and we all know that we can

learn skills. So when you're in that situation that feels uncomfortable – visualize yourself as confident, hear yourself speaking with confidence, see yourself standing tall – proud of who you are, imagine a confident glow around you (*like the 'Ready-Brek advert'*).

'Faking it' can make it real – eventually.

The Whole Brain Posture Technique – to keep you together

Try this BrainGym exercise when you feel as though you are about to 'fall apart'

- * Sit on a chair
- * Cross your feet at the ankles and cross your hands in front of you at the wrists, entwining your fingers upside-down.

- * Close your eyes
- * Breathe deeply and stay in that position with your hands entwined resting on your abdomen OR
- * Keeping your hands still entwined, turned in and up and resting on your chest, until you feel better.

The Whole Brain Posture Technique will keep you from flying apart emotionally.

If you have chosen a statement, then you say it over and over until you notice that you cannot concentrate on it any longer.

It's so relaxing and calming...

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