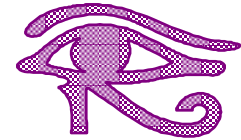


CAT's Eye

– the newsletter for:



Special Interest:

- STRESSED? – Do you use 'freeze phrases'? Read part 2 to find out – [CLICK HERE](#)
- Want to self-muscle test in public? See [page 2](#)
- 2006 training schedules in December issue

Website links:

www.emofree.biz

www.create-the-reality.com

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Newsletter November 2005, Volume 1, Issue 3

“10 Secrets to Success” by Dr Wayne Dyer

- 1 Have a mind that's open to everything and attached to nothing
- 2 Don't die with your music still in you
- 3 You can't give away what you don't have
- 4 Embrace silence
- 5 Give up Your Personal History
- 6 You can't solve a problem with the same mind that created it
- 7 There are no justified

resentments

8 Treat yourself as if you are already what you would like to be

9 Treasure your Divinity

10 Wisdom is avoiding all thoughts that weaken you

All of this is nothing more than a conscious decision on your part to be in charge of your thinking.

Be aware at any given moment in your life that

you always have a choice about thoughts you allow in to your mind.

The most empowering thoughts you can have are thoughts of peace, joy, love, acceptance and willingness.

Powerful, joyful loving thoughts stem from your willingness to allow the world to be as it is. It's Your Choice.

Taken from '10 Secrets for Success and Inner Peace'

“Yes, but ...” “If only ...” *freeze phrases!*

Did you realize that there are certain words you say that can keep you 'frozen' in THE 'stress' situation?

These specific words - which I call 'freeze phrases' - leak out into our everyday world and we are not aware of it – yet others are ...

Which could be a reason as to why we *feel* certain people switch off when we talk to them. Ah-ha! Recognise this situation?

In Part 2 we have a look at some of these everyday phrases – and what's

more important, we look at how we start to change them.

More importantly – these 'words' connect with certain behaviours – and do we really truly know which behaviour we are in when we're stressed?

These *behaviours* are discussed in the ASSERTIVENESS Section.

So read on (by clicking on the side bar) and find out more about how to **Say “YES!” To Less Stress**

Your thinking is ...
probably right

“Whether you think you can, or think you can't, you're probably right.”

Henry Ford

What we think can affect or have a substantial effect on us – so shows Masaru Emoto's interesting book - 'The Hidden Messages in Water'. *A very good little book to put on your Christmas list – hint hint*

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Self Muscle-testing favourites you can use ... right now

'Muscle-testing' is used by quite a few therapists and practitioners nowadays to 'ask questions of the client's subconscious mind *scm*'.

This is all very well when we 'do it' for other's benefits - yet what do we do to 'help ourselves'?

Well we can dowse with a crystal – however you might just get a few peculiar glances in the

supermarket when you're dowsing over that extra bar of chocolate or that sugary drink for little Max.

So – here's 3 little 'undercover' self muscle-tests you can do – *without* drawing attention to yourself.

1 Rub your Index finger and Thumb pads together saying "SCM give me a Yes" then rub them together again saying

"SCM give me a No"

2 Rub your Index finger over your Thumb nail saying "SCM give me a Yes" then rub them together again saying "SCM give me a No"

3 Stand with your feet together, ask "SCM lean me forwards for a Yes" then ask "SCM lean me backwards for a No" .

GO ON - TRY IT AND SEE WHAT HAPPENS!

Cross Crawl – engage your Visual, Auditory & Kinesthetic abilities more

This is an Energy Technique that: *activates both brain hemispheres simultaneously; engages brain for co-ordinating V, A & K abilities; improves skills such as listening, writing and memory.*

It can be used by 'walking a

funny walk', by 'sitting in a chair' or 'on the floor' and even by 'walking on the spot'.

HOW?

WALKING = march around but swing your right hand to touch your left knee, and left

hand to touch your right knee;

SITTING = move your right hand to touch your left knee and your left hand to touch your right knee;

STANDING = stand still yet swing your arms to your knees as in WALKING

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