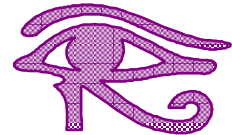


CAT's Eye

– the newsletter for:



Special Interest:

- STRESSED? – Want to manage it better? Read part 1 – [CLICK HERE](#)
- Fancy a book to read? See the book review on [page 2](#)
- November training *only 1 place left* - [CLICK HERE](#)

Website links:

www.emofree.biz

www.create-the-reality.com

www.C2T2.co.uk

www.oesassociates.co.uk

Contact me:

- page 2



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Newsletter October 2005, Volume 1, Issue 2

“What are YOU doing for YOUR SELF outside of work?”

So how have things been with you this last month?

I hope that you're all ready for the Autumn – having hopefully discovered which of the S.A.D. remedies in the last issue are for you. Personally I like using the colour ORANGE in earrings, scarves, brooches for me, hi-light pens, paper, ties and cuff-links for men.

In September also was Gary Craig's superb

Mastering EFT Workshop which was sponsored by the Association for the Advancement of Meridian Energy Techniques. I was honoured to be one of Gary's Emotional Helpers.

This month I'm in Nottingham for a week as it's the Soroptimist International Federation Conference. And I am to be installed as one of the Regional Presidents. The reason I'm mentioning this is that ALL of us need

some interest outside of work – to balance our lives. Else Jill/Jack can be a dull gal/boy.

So just **what's your** outside of work **interest?**

Evening classes have started at local colleges, New Year is looming up in a couple of months: both ideal opportunities for YOU to **re-assess** your outside interests.

DO SOMETHING YOU LIKE and ENJOY

STRESSED? – Say “YES!” to Less Stress

STRESSED? ME? Nah! Stress is my work and I enjoy helping others deal with it. I never get stressed – *well sometimes I do - but that's between you and me.*

Anyway I'm going to help you to deal with your STRESS.

I am including a link to the first of a 3-part article to help you manage stress – better!

In Part 1 we'll be looking at Stress Awareness and Coping Skills. It never ceases to amaze me how

many different ways we can be stressed and not recognise it.

In Part 2 we're going to be talking about being Assertive and Time Management – with some good tips on managing time.

And in Part 3 we're going to be walking down the route of Exercise (uuugh!) and Relaxation (aaaaah!).

And of course there'll be plenty of tips for you, that you might find useful in your decision to **Say “YES!” To Less Stress**

Monthly Energy Cleansing

Ingredients:

2drops Juniper essential oil
2drops Lemon “ “
2drops Rosemary “ “
1drop Frankincense “ “
30ml distilled water

Mix the above ingredients together in a spray bottle and on the **first day** of each month, **as early as possible** in the day, **open the windows** and **spray** every room – into the corners as well as the centre. Whilst spraying say: “*I cleanse this area of stale energy and make way for new energy*”.

Also use in porches, conservatories and wardrobes.

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68secs a day Pure Thought = Conscious Creation Abraham Hicks

The following is a quote from Abraham Hicks (channeled material) – check out

www.abrahamhicks.com

“Line up your energy as often as you can. If two to three times per day, you can stop and find 68 seconds of pure thought about something, YOU’VE PUT IN A VERY PRODUCTIVE

DAY!!”

‘Abraham says that a thought reaches combustion point at 17secs of pure undiluted focus. It draws another thought to it and it is exponentially more powerful. At the end of another 17secs, 34secs *in total*, the next thought combusts, and the Law of Attraction, evolves to a

higher level of energy.

Again another 17secs to 51secs continues the process, and finally if you can continue a pure thought for 68secs on any given subject, it will be on its way to manifestation. The key word is **pure**, meaning **positive focus, strong energy, no resistance**; to *not slip into lackful thinking.*’

Book Review– Getting Thru to Your Emotions with Eft: Mountrose P & J

The book first takes one on a gentle stroll through EFT, starting the journey from the background, moving onto the tapping procedure, points and phrases through to giving an understanding of meridian systems and holistic healing.

It then moves onto the

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,

Getting Thru Technique which is along a different road, not quite as straight as the EFT one nevertheless it is exciting as it takes one through Guided Visualisations and the Unification Process. The later process, whilst it sounds daunting, is intriguing as it helps one to

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.

‘pull fragmented sub-personalities’ back into a unified soul. A useful read.

Getting Thru to Your Emotions with EFT: Tap into Your Hidden Potential with the Emotional Freedom Techniques

by Phillip & Jane MOUNTROSE. ISBN: 0965378764 Pub: 1999

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