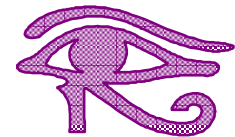


CAT's Eye

– the newsletter for:



Special Interest:

- S.A.D – Are you affected by SAD? Use my DIY SAD Management – [CLICK HERE](#)
- Feeling Stressed? – tapping can help - *page 2*
- October & November training - [CLICK HERE](#)

Website links:

www.emofree.biz

www.create-the-reality.com

www.C2T2.co.uk

www.oesassociates.co.uk

Contact me:

- *page 2*



create - the-reality



Newsletter September 2005, Volume 1, Issue 1

“Hello and Welcome” to our FIRST NEWSLETTER

Here it is - at last! The combined newsletter for Christina Elvin Consultancy – *the 1:1 client work which helps you put the pieces back into your life's jigsaw; create-the-reality – coaching information; emofree.biz - the business of energy in all shapes and sizes and C2T2 – distance-learning information helping you learn at your pace and place – not mine.*

It will have interesting articles on a wide range of topics, easy tips that you can use right now, funnies, book reviews plus of course training information.

The purpose of CAT's Eye is to provide you with a kaleidoscope of specialized information – just for you.

Newsletters are really just like roads you know –they carry 2-way traffic. From

ME to YOU, and from YOU to ME.

And there's YOUR opportunity (on the last page) to make comments (politely please), ask a questions recommend this newsletter to a friend, suggest a topic for an article, submit an article or unsubscribe ☺ from this newsletter

Takes less than 2minutes to read, quicker than making a cuppa ...

S.A.D. – Are You Affected by S.A.D?

You may not even realise you're affected by Seasonal Affective Disorder. You probably only notice that “every time September comes around you begin feeling a wee bit down”. It's as though as soon as the dark autumn nights start to draw in, you don't want to go out.

And you simply accept this as 'normal'.

Well you CAN do something to change that feeling – if you want!

My article – *simply click*

the link - can help combat S.A.D. in many cases, and all you're doing is using simple, tried and tested techniques.

No jiggery-pokery! No medications! No ridiculous high expense! And you CAN Do-It-Yourself!

You may surprise yourself this year – and manage your S.A.D. Now I wonder how that would feel?

Go on – have a go. After all, what have you got to lose – except S.A.D.

Surprise yourself!

Life Before the Computer

Memory was something you lost with age

An application was for employment

A programme was a TV show

A cursor used profanity

A keyboard was a piano

A web was a spider's home

A virus was the flu

A hard drive was a long trip on the road

A mouse pad was where a mouse lived

And if you had a 3-1.2inch floppy ... you just hoped nobody ever found out!

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We're on the Web!

See us at:

www.oesassociates.co.uk

www.emofree.biz

www.create-the-reality.com

www.C2T2.co.uk

Uncovering Your Goals – *Do You Know Where You Are Going?*

We know we all have goals of one type or another – just look at New Year's Eve and see how many are set then.

However – by 1st February, how many people are still on track to achieving them?

Only about 25% - and are you in that 25%? Chances are the answer

is "No!"

So what can you do to keep yourself on track to achieving your goals?

Well, when setting YOUR goals you can ask yourself these questions:

Whose Goals Are They?
Am I going for MY own goals OR goals set for me by OTHERS?

Moving Towards or Away Goals?

Am I running away from something or am I going forwards to gain something?

Positive Visualising.
Spend time during the days/weeks ahead being, doing and having your goals – enjoy them. By doing this, you're creating positive thoughts = positive vibes.

Feeling Stressed? – tapping can help

A wonderful blend of age old wisdom – *meridian therapies* – and new techniques – *Emotional Freedom Technique (EFT)*.

Whenever you're feeling exasperated, stressed, upset, uptight you can:

Take a nice deep breath in and out whilst tapping each of these points

Under your Eye (the bony eye socket part)

Under your Collar Bone (the triangular area on your chest beneath

where your collarbone and breast bone meet) and

Under your Arm (on the side of your body, about one hands-width below your armpit).

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!

If you wish to:

- 1) [subscribe to this newsletter](#)
- 2) [make any comments](#)
- 3) [ask a question](#)
- 4) [recommend this newsletter to a friend \(please give their email address\)](#)
- 5) [suggest a topic for an article](#)
- 6) [submit an article](#)
- 7) [unsubscribe from this newsletter](#)
- 8) [discuss any other subject](#)

then please email me by clicking on one of the above lines

THANK YOU