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'Lazy 8s' swinging exercises - for Kids and Business alike

'Lazy 8s' is an exercise from Brain Gym® which is a registered trademark of the Educational Kinesiology Foundation - EDU-K. Authors of work published through EDU-K are Paul E Dennison and Gail E Dennison.

Their work is recognised as being pioneering in

the field of whole-brain learning and is now being used in schools all over the world.

These exercises known as 'energy exercises' are a series of simple enjoyable movements that are used with students to enhance their experience of whole-brain learning.

Whole-brain learning enables students, and business people alike, to access those parts of the brain previously inaccessible to them.

These changes in learning and behaviour are often immediate and profound. Try out the 'Lazy 8s' and judge for yourself - [click here](#)

Making the most of the 'Quiet Times' in your business

You've probably noticed, certainly if you have been in business for a while, that there are slack periods - which can be seasonal. December and January are quiet for many and then there's also July and August too.

So if you have to work through these slack times, why not take advantage of them and have a look at your marketing information: website; leaflets; Yellow Pages; reviewing where your clients or sales are from - the most profitable ones.

And whilst you're at it, consider updating

your Media Interest page too. You DO have one - don't you?

If you don't then think back to how many articles you've had in your local newspaper, or in magazines, or been on the local radio to speak about something - *be it business or community or voluntary*. Even on tv!

All of this is of course free advertising - of yourself. Gathering all this information can help you with your self confidence, self worth AND self esteem as well as letting others know you are HERE for them.

Famous one-liners ...

All that we are is the result of what we have thought - *Buddha*

The universe is change; our life is what our thoughts make it - *Marcus Aurelius*

Men are not prisoners of fate, but only prisoners of their own minds - *Franklin D Roosevelt*

Think of yourself as on the threshold of unparalleled success. A whole clear, glorious life lies before you. Achieve! Achieve! - *Andrew Carnegie*

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About Our Organisation...

Our organisation offers a fantastic assortment of self development, self help, self learning, self discovery 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!

Are you into 'Bridge Building' ?

This is from an article by John Boe - a great motivational speaker from USA.

There are two kinds of people in this world, those who build bridges and those who don't.

Bridge Builders are mentors; they share their experience and build bridges of hope and encouragement for others to cross.

They are people of tremendous character

and strength that give unselfishly of their time and talents.

Bridge Builders know the importance of taking time to help others without concern for credit or personal gain.

They do not build for recognition or tribute; they build because it is their nature to build bridges.

Bridge Builders are considerate people

and do their very best to support others.

They understand the power of a kind word, a timely 'phone call or a note of praise.

If you are a Bridge Builder congratulations, the world needs you and is a better place because of the difference you make in the lives of others.

How many bridges have you built lately? Read the Bridge Builder poem [click here](#)

'Narcissism' - is it in the mirror or in the mind ?

Something I heard - not long ago - about 'Narcissism' surprised me.

Niaively, I thought it was about vanity and looking at one's reflection a lot - and found out it wasn't.

Someone who has Narcissism may very well be leading a very happy, loving, fulfilling settled family life yet still becomes *involved* outside of their family with some *other* person

- a relationship that is not of a sexual nature. And it's often seen - by the individual - as 'just being good friends'.

However, by the partner or spouse it may easily be *mis*-interpreted as being 'unfaithful'.

What appears to be happening is that the Narcissist exhibits a subconscious 'needy' behaviour and 'attracts' someone who fulfills this role. A role his partner doesn't fulfill.

Maybe, after a few years' steady, cosy relationship this partner may not be getting the amount of *esteem* and *worth strokes* they want yet NOW are getting these *strokes* from outside - so secrecy prevails.

So what they may be needing is to be someone's centre of attention; to be told they're fun and nice to be with - in a non-sexual way. Right or wrong - it's different!

A laugh a minute! - go on let yourself go...

Two eskimos sitting in a kayak were chilly. They lit a fire in the craft, it sank, proving once and for all that you can't have your kayak and heat it.

"You know, somebody actually complimented me on my driving today. They left me a little note on the windscreen. It said "Parking Fine." So that was nice."

I went into the butchers the other day and I bet him 50quid that he couldn't reach the meat off the

top shelf. He said "No, the steaks are too high".

A man takes his Rottweiler to the vet. "My dog's cross-eyed, is there anything you can do for him?".

"Well" says the vet, "let's have a look at him". So he picks the dog up, examines his eyes, then checks his teeth. Finally he says, "I'm going to have to put him down."

"What? 'cos he's cross-eyed?" "No, because he's really heavy".