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Togetherness Healing News

VOLUME 2, ISSUE 1

FEBRUARY 2011

Welcome

Welcome to our first newsletter for 2011 and what a great year it is!

With Christmas just behind us and the children off to school, let's focus on Gratitude. Gratitude is to be thankful for all we have in our lives...

By focusing each day on what we are grateful for, we attract more abundance and good things to us. The Universe loves it when we say "Thank You".

Think how you feel if someone says something nice to you, it picks you up and makes your day.

Imagine doing this to help others, to really make a difference in their lives, by smiling at them and saying something

nice. This little act can change your life and change the world. Being grateful brings more to be grateful about.



Angi & Rob King

Lack of gratitude or complaining only brings more of the same. We attract what we focus our attention on. Complainers find little joy in their lives and are not happy with what they have. If we say "I

won't be happy until...." we will never be happy. Happiness comes from within as we focus and are grateful for what we have.

To start to change your life, write a Gratitude Journal. Each day write down three things you are grateful for.

Since the beginning of the year, I have started taking a photo a day of something I am grateful for. As I look for things to photograph, I am noticing the good in my life.

We hope you enjoy the newsletter.

love Angi & Rob

Are you living the life you want?

We are delivering a 10 week study group, 'Heal Your Life – Achieve Your Dreams' based upon the philosophies of Louise Hay's best selling book 'You Can Heal Your Life', which has helped millions of people around the world achieve their dreams.

This study group will help you **recognise** what is holding you back, **identify** where you want to be in the **future** and

teach you **how to achieve** it!

You will learn techniques that will allow you to reach your full potential.

If you have already read Louise's books and experienced some wonderful results in your life – but some areas aren't responding to your affirmations the way you'd like, or at times you just feel blocked from moving forward, then the study

group will allow you to go to a new deeper level...

Date: commencing 15 March

Moved to 3rd May

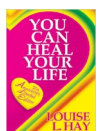
Time: 7pm–9pm

Cost: \$250

Location: upon booking



For additional information, call Angi on





Louise L Hay

Quote of the Month:

Be Grateful

Be grateful of what you do have, and you will find that it increases. I like to bless with love all that is in my life right now - my home, the heat, water, light, telephone, furniture, plumbing, appliances, clothing, transportation, jobs - the money I do have, friends, my ability to see and feel and taste and touch and walk and enjoy this incredible planet.

Louise L. Hay

Clear Your Mind and Let Go

If you want to clean a room thoroughly, you will pick up and examine everything in it. Some things you will look at with love, and you will dust them or polish them to give them new beauty. Some things you will see that they need refinishing or repair, and you will make a note to do that. Some things will never serve you again, and it becomes time to let those things go. Old magazines and newspapers and dirty paper plates can be dropped into the wastebas-

ket very calmly. There is no need to get angry in order to clean a room.

It is the same thing when we are cleaning our mental house. There is no need to get angry just because some of the beliefs in it are ready to be tossed out. Let them go as easily as you would scrape bits of food into the trash after a meal. Would you really dig into yesterday's garbage to make tonight's meal? Do you dig into old mental garbage to create tomorrow's experiences?

If a thought or belief does not serve you, let it go! There is no written law that says that because you once believed something, you have to continue to believe it forever.

Affirm: The past is over, so it has no power now. The thoughts of this moment create my future.

By Louise L. Hay

Product of the month



"Experience Your Good Now!" discusses the power and importance of affirmations and teaches you to use affirmations to improve the quality of your life right now by performing exercises to show you

how to make beneficial changes to virtually every area of your life.

When you state an affirmation, you're really saying to your subconscious mind: "I am taking responsibility. I am aware that there is something I can do to change."

A FREE affirmation CD is included

The CD offers you helpful information about affirmations and by listening to any time of the day or night—positive thoughts and ideas will permeate your consciousness and fill you with hope and joy.

RRP \$24.95

To obtain a copy, phone 0411 839377 or email us at info@togethernesshealing.com

Dear Life Coach.....

*Dear Life Coach,
I work in a job that I enjoy and earn a good income but I can't save money. As soon as I earn it, I need to spend it.*

Dear One,
It is great that you have a job you enjoy and earn a good income. Money and your thoughts about money

are important to focus on right now.

- What are your beliefs about money?
- What are your parents beliefs about money?
- Do you attach your self-worth to money?
- What are your thoughts regarding your spending?

Start small, have an automatic deduction into another account and praise yourself each pay period for saving. Set small goals and praise yourself when you reach them.

Affirm:

*I am worthy of having money in the bank.
I have more than enough.*