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# Togetherness Healing News

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## Welcome!

Hi,

What a busy time it has been since our last newsletter!

The end of October, we attended the Physic Fair at the Burns Club. It was wonderful to see so many familiar faces and great to meet new people.

Rob attended a Theta workshop in Sydney run by Vianna Stibal, the creator of this amazing healing modality.

Angi attended Doreen Virtue's Angel Intuitive course in Coolum in the beginning of December.

## Theta Healing

What an amazing time I had in Sydney with more than 50 Theta Practitioners together for 4 days including the founder Vianna Stibal, and her partner Guy to attain their teaching certification.

They were supported by 15 advanced Theta instructors from Australia and NZ.

I was certified in Theta Healing over 8 years ago and am now qualified to teach Theta Healing.

We are very excited to hear that Louise Hay will be presenting a full length workshop in combination with Cheryl



### Angi & Rob King

Richardson at the next *I Can Do It* conference in August 2012. There are a number of inspiring speakers presenting.

We will inform you when tickets become available.

2012 is shaping up to be an action packed year for us. We have numerous workshops scheduled (see page 4 for details) and we will be attending the Physic Fairs at the Burns Club, Kambah in February and in Queanbeyan in March.

A New Year is always refreshing. Time to reflect on the year that was and set intentions for the coming year. 2012 is the year of change. Let's focus on 2012 being the best year ever!

Love Angi & Rob

Theta is taught in more than 20 countries worldwide. We had 10 Japanese healers with an interpreter on the course!

Theta Healing has



evolved over the past 15 years, becoming faster, more intuitive and sup-

ported by scientific evidence.

Theta Healing works on the root cause on the Physical and Metaphysical levels often with instant feedback knowing that a healing has happened.

HayHouse publishes Theta Healing books in more than 20 languages.

I look forward to helping others learn this amazing technique.

Love Rob

# Express Your Self



Louise L Hay

## Quote of the Month:

"Forgiveness unleashes joy. It brings peace. It washes the slate clean. It sets all the highest values of love in motion.".....

John MacArthur

YOU CAN NEVER EXPRESS yourself creatively by talking or thinking about what a klutz you are. If you say, "I am not creative," then that's an affirmation that will be true for you for as long as you continue to use it. There's an innate creativity flowing through you, and if you let it out, it will surprise and delight you. You're tapped in to the creative flow of energy in the Universe. Some of you may express yourself more creatively than others, but everyone can do it.

We create our lives every day. Each of us has unique talents and abilities. Unfortunately, too many of us had well-meaning adults stifle that creativity when we were children. I had a teacher who once told me I couldn't dance because I was too tall. A friend was told he couldn't draw because he drew the wrong tree. It's all so silly. But we were obedient children and believed the messages.

Now we can go beyond them. Another false assumption is that you must be an artist to be creative. That's just one form of creativity, and there are so many more. You're creating every moment of your life—from the most common, ordinary creation of new cells in your body, to your emotional responses, to your present

job, to your bank account, to your relationships with friends, and to your very attitudes about yourself. It's all creativity.

Also, you could be a really good bed maker, you could cook delicious food, you could do your job creatively, you could be an artist in the garden, or you could be inventive in the ways in which you're kind to others. These are a few of the millions of ways of expressing oneself creatively. No matter which way you choose, you'll want to feel satisfaction and be deeply fulfilled by all that you do.

You're divinely guided by Spirit at all times. Know that Spirit makes no mistakes. When there's a strong desire within you to express or create something, know that this feeling is Divine discontent. Your longing is your calling— and no matter what it is, if you go with it, you'll be guided, guarded, and assured of success.

When a purpose or path is laid before you, you have the choice to just trust and let it flow, or remain stuck in fear. Trusting the perfection that resides within you is the key. I know that it can be frightening!

Everybody is afraid of something, but you can do it anyway. Remember, the Universe loves you and wants you to succeed at everything you do.

Here are some positive affirmations you can use for expressing creativity:

*I do something new or at least different—every day.*

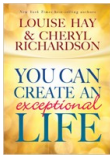
*All of my creative projects bring me great satisfaction.*

*My talents are in demand, and my unique gifts are appreciated by those around me.*

*I feel good expressing myself in all sorts of creative ways.*

*I know that I can create miracles in my life.*

# What's New from Louise Hay?



For many, Louise Hay has changed their lives and started them on a new path, healing and leading them to a better life. Cheryl Richardson is one of many whom Louise has greatly influenced . . . before going on to become a best-selling author herself.

So what happens when these two combine their collective wisdom into one book?

In "You can Create an Exceptional Life", Louise and Cheryl engage in a series of empowering and intimate conversations, you'll feel as if you're simultaneously having lunch with your best friends and also attending a master class put on by two leaders of the self-empowerment movement. The book is very easy to read and discusses a wide range of topics, including the importance of loving ourselves and our bodies; aging consciously; bringing

true prosperity and abundance to the world; manifesting positive relationships-both with family and friends and in the workplace; and facing death in a dignified and peaceful way.

These two amazing women are living proof that the spiritual principles they discuss in these pages really work. As you read, you'll discover that you, too, have the ability to create an exceptional life!

## 2012—The Year of JOY!

2011, was for me the year of gratitude. Each day, I took a photo of something for which I was grateful, posted it on facebook and recorded it in a photo album. Although some days this was difficult, I noticed that there is always something for which to be grateful and that I really do live an abundant life. I would notice many times throughout the day, things I was grateful for.



In 2012, I will be focusing on JOY!

Most people have heard of

the Law of Attraction—what you focus on, you attract... If you want your life to change, you need to change your life. The first step is awareness, being aware of what you have in your life and focussing upon that.

Sounds simple, doesn't it?

Well, it is...Let's bring more joy into your life..., by noticing what gives you joy and bringing at least one thing into your life daily.

This could be admiring a sunset, cuddling a loved one, having a bath, watching a movie, smelling a rose, having dinner with friends. If you don't notice anything, then do something for yourself, love yourself enough to give

your self some joy each day.

To remind yourself how much joy you have in your life, document at least one item daily in a journal...Let's call it our Joy Journal...

This year, I will be taking a photo of something that gives me joy, makes me happy or something that is moving me closer to achieving my passions!

I will document the photos in an album and also post them on the Togetherness Healing facebook page.

I would love to know if anyone else would like to join me and start a Joy Journal for 2012...

Love Angi

"The great thing in the world is not so much where we stand, as in what direction we are moving."

-- Oliver Wendell Holmes

# New Workshop—From Passion to Purpose

Do you have great dreams and goals only to find each year more of the same.

Have you been to a workshop where you have identified *Your Passions* and now want to make this your reality? Using the *Law of Attraction* and *visualizations* you can make your dreams and *passions* your reality.

Everything you see around you was firstly created in thought....

You can create the life you want by creating it in

thought first and then bringing it to life

- \* A fulfilling career,
- \* a loving family,
- \* travel,
- \* a healthy body,
- \* the ideal relationship.....

The universe only delivers when there is clarity and feeling in the vision.

In this workshop you will clarify your goals, feel what it is like to have it, then put this energy into a vision board to inspire you every day.

We will guide you in creating **Your Vision Board**: creating positive daily affirmations, writing and feeling your desires and visualizing your dreams.

A Vision Board will keep you inspired to achieve! It is a fun way to manifest and focus your mind on what you want!

Together, let's make 2012 a fantastic year!

## Upcoming Workshops and Events

### JANUARY

#### FROM PASSION TO PURPOSE

**Date:** Tue, 24 January  
**Time:** 7:00pm—9:30pm  
**Investment \$35**  
 Details above.

#### HEAL YOUR LIFE 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'. 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!

**Date:** Commencing Tue, 31 January - 3 April  
**Time:** 7:00pm—9:00pm  
**Investment \$250**

### FEBRUARY

#### THE PASSION TEST

"The Passion Test" workshop will help you to identify what your purpose or destiny is and give you the tools to align your life to live your passions.

**Date:** Sat, 18 February  
**Time:** 1:00pm—5:00pm  
**Investment \$97**

#### SPIRIT NATIONS PHYSIC FAIR

**Date:** 25—26 February  
**Time:** 10:00am —5:00pm  
**Location:** The Burns Club  
 8 Kett Street  
 Kambah

### MARCH

#### SPIRIT NATIONS PHYSIC FAIR

**Date:** 3-4 March  
**Time:** 10:00am —5:00pm  
**Location:**  
 Queanbeyan Kangaroos Club  
 Cnr Stuart & Richard Avenue  
 Queanbeyan

#### ORDERING FROM THE COSMIC KITCHEN

In this workshop, you'll learn how to effectively place YOUR orders with the Cosmic Kitchen and use the Law of Attraction to create what you want in your life!

**Date:** Sat, 17 March  
**Time:** 11:00am —4:00pm  
**Investment \$97**

All courses are held at: The Erindale Business Centre, 2 Lansell Circuit, Wanniasa

Visit the Website - [www.TogethernessHealing.com](http://www.TogethernessHealing.com) to download course brochures and enrolment forms.

"Often people attempt to live their lives backwards: they try to have more things, or more money, in order to do more of what they want so they will be happier.

The way it actually works is the reverse.

You must first be who you really are, then do what you love to do, in order to have what you want."

-- Margaret Young