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Togetherness Healing News

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Welcome to our first Newsletter

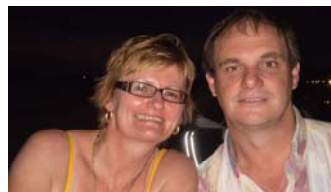
Welcome, Welcome,
Welcome...

It is so wonderful to be writing our first newsletter.

Togetherness Healing has been operating for about 2 years offering healing services such as Theta (or Orion) , Reiki, EFT (Emotional Freedom Techniques) and Psycho-Spiritual Hypnotherapy.

Togetherness Healing is about you getting it together—to live the life you dream about, the life you deserve! This can be achieved by using healing modalities to heal your body of dis-ease or ill-ness, to heal your emotions, and to learn

techniques to change and transform your life. Modern medicine often treats the symptoms of ill-ness. The cause needs to be determined in order to release it. By recognizing



Angi & Rob King

what is holding you back or causing the ill-ness, you are able to heal your body and your mind.

Taking time out for ourselves is critical, we need to look after ourselves.

Do something everyday, we enjoy even if it is only for 10 minutes, eat nourishing foods, exercise and be kind to ourselves.

We are excited to be delivering a variety of workshops and study groups to help you heal yourself, to change your life to live a fulfilling, happy life.

Information on upcoming courses for 2010 can be found later in this newsletter.

Please enjoy our newsletter and have a wonderful week! You deserve it!

Love Angi & Rob

Are you living the life you want?

In an ideal world, with no limitations, imagine your life.....

- a healthy, vibrant body filled with energy?
- a job that you enjoy and pays well?
- loving and fulfilling relationships
- an abundance of money

Our new 10 week study group, **Heal your Life –**

Achieve your Dreams
(based upon the philosophies of Louise Hay) teaches you the techniques to achieve all you desire..... To heal your life from the inside, to remove limitations that hold you back from achieving your dreams.

To change our lives, we must change.... If we do the same thing everyday, we just get more of the same.....

Call us today on 0411 839377 or email info@togethernesshealing.com to obtain more information on the next course commencing 9 February 2010.

Visit www.togethernesshealing.com to download the course brochure and enrolment form.



Louise L Hay

Accept Yourself and Become Whole

The biggest part of healing or making ourselves whole is to accept all of ourselves, all of the many parts of ourselves. The times when we did well, and the times when we didn't do so well. The times when we were terrified, and the times when we were loving. The times when we were very foolish and silly, and the times when we were very bright and clever. The times when we had egg

on our faces, and the times when we were winners. All of these are parts of ourselves. Most of our problems come from rejecting parts of ourselves—not loving ourselves totally and unconditionally. Let's not look back on our lives with shame. Look at the past as the richness and fullness of Life. Without this richness and fullness we would not be here today.

When we accept all of

our ourselves, we become whole and healed.

Affirm:

"I love and accept myself exactly as I am."

By Louise 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

Product of the month

Did you know we sell a variety of books, cards, CD's and DVD's.

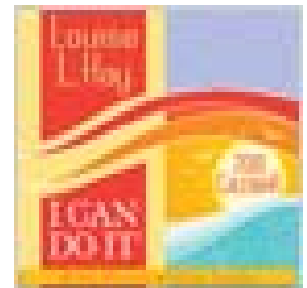
Now is the perfect time to get ready for the new year with a desk calendar to inspire us each day.

The calendar is ideal as a gift for a loved one

Please email us at info@togethernesshealing.com to order your copy.

I CAN DO IT Calendar for 2010 offers you positive thoughts, affirmations, and words of wisdom to encourage you to move forward with joy and confidence each day of the year.

Perfect for Christmas at \$22.95



Why Affirmations work!

Think about your thought patterns throughout your day....

Are you critical of yourself? Do you beat yourself up all day?

Most of us were taught to think negatively, so it takes PRACTICE and AWARENESS to train your mind in new ways.

When you first start doing affirmations they may seem separate from the rest of your life, but as you continue, you'll want to think in more positive ways all day long. This does not mean you will suppress your feelings—feelings are important in the heal-

ing process. It means you will stop letting your mind wander to negative thoughts without noticing.

You can begin practicing by telling yourself the "NEW STORY" of your life—*"It's wonderful to be working in a career that I enjoy and*

making all the money I need. I'm delighted that I have terrific friends that support and encourage me. My heart is overflowing with all the gratitude for all the good in my life"

How would your life change if you did this kind of inner dialog every day?

Affirmations work because the Universal Energy is everywhere and it responds to our thoughts and feelings. Whatever your thoughts are they are continually interacting with this energy. The Law of Attraction is always working and

brings you what most matches your thoughts/ feelings

Affirmations must be believable—you must BELIEVE that it is achievable and that you deserve it.

If you are sending conflicting or confusing ideas, you may get unexpected results. Be really clear and precise in what you DO want.

The more we focus on what we do not want, the more we are keeping this issue in our lives. Whenever the negative thought comes

into your mind, change it into the positive thought.

Affirmations must be positive, personal and present tense. Speak your affirmations with feeling. Trust the timing and delivery to the universe.

And the sky is the limit!!

For more information on affirmations, come and hear us at the Spiritual Fair, Pearce Community Centre on 5 December at 2pm or register for our upcoming course :

"Ordering From the Cosmic Kitchen" scheduled on 6 February.

Spiritual Fair

We attended the Spirituality Church Fair at the Pearce Community Centre in September and the Psychic Fair in Batemans Bay in November. Hello, to everyone we met at the fairs....

This Saturday, the Spirituality Church will be holding another fair in Pearce from 2pm—8pm. This Christmas fair will have a Gelato van,

a Turkish food stall, belly dancers, a guitarist, a harpist and lots of fun stalls, talks, mediums and healers. Even 2 raffles!

Come and hear us talk on Why Affirmations work at 2pm. We do look forward to seeing you again....

And the winner of the September Spiritual Fair competition is

Congratulations to Michelle.....

She won a Past Life Regression.

If you open your heart, love opens your mind."

-- Charles John Quarto

Upcoming Workshops and Events

EVENTS

The Spirituality Church Fair, Pearce Community Centre on 5 December.

Presentation— 2pm
"Why Affirmations Work"



WORKSHOPS

"Ordering from the Cosmic Kitchen" - How to order the life you desire.....

Date: February 6

Time: 9:30 am—4:00 pm

Investment \$100

includes morning and afternoon tea, and a personally autographed book -

"Ordering by the Cosmic Kitchen" by Dr Patricia Crane

"Heal Your Life and Achieve your Dreams"

A 10 Week Study Group focusing on the philosophies of Louise Hay to truly transform your life.

Date: Commencing February 9

Time: 7:00pm —9:00pm

Cost: \$25 per night. Receive a 10% discount if paid in full before 2 February—pay only **\$225**

Visit the website www.togethernesshealing.com to download course brochures and enrolment forms.