

# NEWSLETTER 101

LIFE + COACHING = SOLUTIONS

OCTOBER 2007

## The Spirit

### Reiki

A therapy of healing using Rei energy and Ki energy. Rei energy is a higher vibration and is used to heal mental, emotional and spiritual issues. Ki energy can be described as life force energy which is used to heal physical ailments.



Healing can be given by hands on or hovering over specific areas of the body, Distant healing is also another method of healing just as effective.

During a Reiki session the healer as well as the client benefit from the practice. In order to learn Reiki there are 3 main levels. The ability to give Reiki healing is passed-on through a simple ritual called an 'Attunement' which opens the chakras and creates an indissoluble, 'undilutable' link between the recipient/student and the Reiki energy

1st Degree - Initial attunement, Reiki enables the student to give themselves, and others, 'hands-on' Reiki healing

2nd Degree - Increased vibrational strength. Reiki enables the student to give undertake distant healing, sacred symbols and additional healing techniques are also covered.



3rd Degree - Full vibrational strength, and teaching to enable the student to pass-on all levels of Reiki to other candidates.

## The Body

### Exercise facts

Evidence shows that regular exercise can:

- increase levels of "good" cholesterol, lower high blood pressure,
- help improve body composition by burning fat,
- promote healthy blood sugar levels, promote bone density,
- boost the immune system,
- improve mood and reduce the chance of depression.

Despite the strong case for staying active, many people find it difficult to adapt their daily lives to incorporate physical activity. With cars on most driveways and the decline in the number of physically active jobs, 70% of the adult population is sufficiently inactive to be classed as "sedentary". Being sedentary increases the risk of a heart attack or stroke by the same amount as smoking.



### Barriers to being more active

People give many reasons for not taking up exercise:

- lack of time due to work or family commitments,
- cost of equipment or gym membership,
- personal safety when exercising outdoors alone,

However, there are ways to get round all of these potential barriers. For example, by getting off the bus to school or work one or two stops earlier than usual, which is free and requires no special equip-

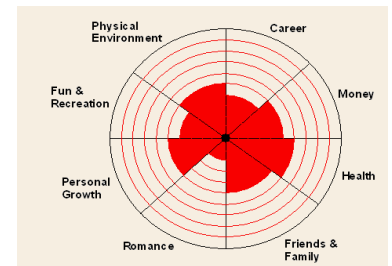
## Free Tool

### Coaching

The Wheel of Life is powerful because it gives you a vivid visual representation of the way your life is currently, compared with the way you'd ideally like it to be. It is called the "Wheel of Life" because each area of your life is mapped on a circle, like the spoke of a wheel.

Courtesy of Mind tools you will be able to easily create and print a wheel of life online. Click below

[http://www.mindtools.com/pages/ppages/article/newHTE\\_93.htm](http://www.mindtools.com/pages/ppages/article/newHTE_93.htm)



## The Mind

The sub-conscious mind ultimately determines how we respond to and view events and situations in our lives, having limited belief systems in our sub-conscious will prevent us from achieving our goals. The power of the sub-conscious mind can be seen in such fields of work as hypnosis and NLP. One of the benefits of affirmations is that it has the ability to re-programme the sub-conscious mind.



### Quotes

"Man consists of two parts, his mind and his body, only the body has more fun." Woody Allen,

"When the belly is empty, the body becomes spirit; and when it is full, the spirit becomes body."

[www.7Ask7.co.uk](http://www.7Ask7.co.uk)

### Next Issue;

THE LAW OF ATTRACTION  
HOW TO FIND & KEEP A PARTNER  
FINDING YOUR LIFE PURPOSE

First i was dying to finish my high school and start college  
And then i was dying to finish college and start working  
Then i was dying to marry and have children. And then i was  
dying for my children to grow old enough so i could go back  
to work. But then i was dying to retire. And now i'm dying.  
And suddenly i realized i forgot to live.

Please don't let this happen to you .Appreciate your current  
Situation and enjoy each day.

- Old friend

