

▶ Life is a Metaphor
MESSAGE FROM THE HOPI
ELDERS 1

▶ Performance
REDIRECT YOUR ASSOCIATE'S
ATTENTION TO ACHIEVE THE
RESULT YOU NEED 2

▶ Personal and Spiritual
Development
OPEN YOUR HEART 2

○ Blue-Sky Transformation
New Letter | ○ September | ○ 2007

Personal *focus*

ADDRESSING THE NEEDS OF PERSONAL GROWTH AND PLANTING THE SEEDS FOR A SUCCESSFUL FUTURE.

There is a river now flowing very fast.
It is so great and swift that there are those who will be afraid.
They will try to hold onto the shore.
They will feel they are being torn apart and will suffer greatly.
Know that the river has its destination.

Message from the Hopi Elders

The elders say we must let go of the shore, push off into the middle of the river, keep our eyes open and our heads above water.

And I say, see who is there with you and celebrate!

At this time in history, we are to take nothing personally, least of all ourselves for the moment we do, our spiritual growth and journey come to a halt.

The time of the lone wolf is over.
Gather yourselves.

Banish the word '*struggle*' from your attitude and vocabulary.

All that we do now must be done in a sacred manner and in celebration.

We are the ones we have been waiting for.

What is New?

It is with excitement to announce that we operate in two locations with the opening of Red Hill, as part of the Nurture Health Clinic.

The new space is overlooking the lovely Mt Coottha and ample space for us to do processes with all our clients.

This new space also allows us to better service inner city suburbs.

We look forward to seeing you there.



Performances

Have you ever met people who always say “*there is no way I can do that!*” with eyes wide open, determination in their face and you can almost touch the stony wall of “*I will reject what ever you say, no matter what*” attitude? Observe your own internal sensation now. Do you feel a sense of hope or a sense of gloom? If you feel the latter, now is a good time to change your attitude around and use the following phrases when and where ever possible: “*What would happen if*”, “*Imagine if it is possible (or successful, or already been achieved)*” and “*What is stopping you from making it possible?*”

Open your heart and let the spirit free:

By Sonya Yeh Spencer, Certified Advance NLP Coach

Word count: 746

Type of exercise: meditation and visualization

The Story

Many years ago I suffered greatly from frequent anxiety attacks. I often feel my heart pumping extremely fast, sweaty palms, head spinning, can't think straight and a sense of deep fear. I was anxious to the point that I had to take days of sick leave and shut myself from the outside world for a while. I was desperate to find help, at the same time I knew the answer resides in me. One day I was trying to calm myself down by meditating on why I feel the way I did. What came to me was a surprise, I saw myself holding a baby, with much love and care. I thought this was my body telling me that I will have a child soon? It can't be, I am alone in my life, and there is no chance. Then a sudden realization, the baby is me. I need to love myself. It is that simple, so I start to ask "what will I do if I love myself" or "How will I make myself feel if I love myself". I was starting to get much better.

A chance meeting with a new neighbour from Brighton changed my life. She asked me "why do you seem so closed off and harsh", with much kindness and honesty. It was a shock. Shocking to find out I was turning into someone I did not want to be, and shocking to know "closed off and harsh" was what people see in me.

"What will I do if I love myself", the answer was so loud and clear - "you need to open your heart". I have since been practicing and perfecting the following exercise on myself and later taught others with great feedback and results.

The Exercise

Read the following step by step guide and imagine you are implementing the steps while reading before you actually do the exercises. Even better still, imagine you are reading out the steps in your own voice, be as animated, warm as you want to find out the tone, tempo or voice quality that best work for you. Taping it might also be useful when trying to guide you through the process. Enjoy!

The Open Heart Meditation Step by Step:

For best results, please identify a quiet and warm place where you feel safe and comfortable.

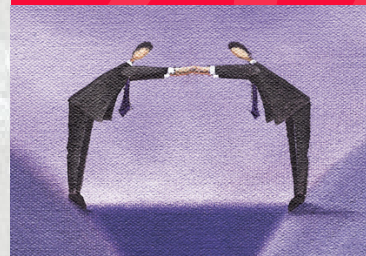
1. Start by casting your vision far away into the distance. If you can look out at the green grass and trees outside a window that will be great. Otherwise you can visualize looking out towards a mountain that is beyond where you are, through space and time.
2. Slowly drawing back your vision, like pulling a kite back, until your vision is focused right in front of you and finally rest inside of you.
3. Gently close your eyes and become very aware of all the sensations that you are experiencing.
4. Become aware of your abdominal area. Start to feel all the muscles around your abdominal area, now, relaxed. Now, go a bit deeper to allow the deep muscles to relax, too.
5. Imagine your relaxed abdominal muscle has a rippling effect like a switch was pressed that also opens up the door to your heart and the sensation traveling up to open your throat.
6. Allow yourself all the time you need to enjoy this sensation and knowing that when ever you want to feel like this you can have it immediately.

I warmly invite you to really experience the effect of this exercise and freely share it with others. You are most welcome to contact me with any questions or share the experience at sonya@blue-skytransformation.com.

Enjoy life, enjoy who you are and unleash true happiness from within.

A man had been complaining every where he went it was always dark. One day he lost his balance and fell, his glasses flew off, and lo & behold, there was light! He did not know he'd been wearing dark sunglasses.....

Two FANATISTIC WORK SHOPS



We have two fantastic work shops coming up! This is our NLP Way of Living and Achieving series 1 & 2

These are 2 x full day workshops and packed with wonderful surprises and self discovery

Special offer, **2 for one** with investment for only **\$595.00**, so, bring a friend.

We also include a FREE one to one follow up session to consolidate skills you have learned from the work shop.

Take up this opportunity today and register by emailing bookings@blue-skytransformation.com

