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August 2009 - Newsletter

Here come the Sun

Hi, welcome to August, the month of sun and consciousness on the site.

Last month, July, the love month, was a great success and stimulated lots of discussion from people all around the world. Thank you for your emails and texts, as well as the twitter and facebook traffic, keep it coming. I have decided, as July was such a success, from now to theme the months. So keep your eyes on the site so that you know what will be coming next.

Light and Consciousness

August is all about Sun and Consciousness and how we can all do some waking up and get some more light in our lives. Of course, for many it is the time of holidays and breaks, a time to take it easy, recharge and, often, rethink where we are up to. So if you are traveling, staying at home or staying in work, make August a time to review and get some light into your life, maybe attend to some bit of you that has needed looking at for a while and needs a little sorting.

September, what a month ...

You are going to love September because, if you get this right you, will transform your body and your relationship with any substances or foods that you might like to get to grips with. From the beginning of September, we will be preparing for the thirteen-day detox at the end of the month. Traditionally, we would detox our body and mind at the change of the seasons in the autumn/fall and the spring. This creates tremendous focus and develops our skills of concentration as we take control of our body-mind system as never before.

If you have never cleansed your system before, you are really in for a treat. The magic about a detox is that you feel so good. Every part of your body comes alive. Your hair shines, your eyes shine, your skin is soft, your joints move fluidly and you feel renewed and regenerated. I cannot recommend it enough. So dare yourself and grab your life by the horns and do it.

Here comes the video

Both Ed and Dave have been working on the videos that will be up and running on the site very soon. During the detox, I will be uploading a daily video diary and will ask you to get involved with your comments and experiences. That takes me to the next bit of news...

The Open Forum

Many clients and group/course participants have been requesting this all year. We are now able to run it. Have look at the site 'Forum' page and come on in, have your say and get involved. The world is for sharing and, unlike twitter that is results driven and facebook that is a social diary, the Forum is focussed on the monthly topics, and the needs of you, clients, students, mind-bankers and friends from around the world who are interested in waking up and staying awake. That takes me to my next bit of news...

Count down to the opening of the shop

Today is 10th August, and the shop will be open in 31 days on Wednesday 9th September. There will be books, recordings and products all in line with the theme of our work. Every month, the shop will grow, so keep your eyes open as we count down and watch out for the special offers and rewards for those people first through the checkouts, including the mystery gift for one lucky customer; it could be yours.

Course, courses, courses

September and October see the beginning of new courses. The Ten Steps to Change Your Life Forever programme will be starting on Wirral and in Wrexham. We have run five programmes this year so far; check out the testimonial page, it really work, it does change your life.



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A course in self-discovery

This course is the real deal; it is not for the faint-hearted. In this programme, you have the chance to really get to know who you are and to get to know those people around you. Once completed, your life will never be the same. On the programme, you will look at three main areas of your life.

Who are you? How did you get like it? What can you do about it?

This is followed by a unit on the creative process, looking at how you can manifest all that you desire, and a unit on body language that uses Ayurvedic understanding to explain why your body is as it is, and what everyone is telling you, non-verbally, every time they move. People and your communication will never be the same again.

Saturday seminars – participational workshops

You should also keep a look out for the Saturday seminars. These are topic/problem-based workshops that will be of use to practitioners, from doctors and nurses to psychologists, counsellors and social workers. They cover topics such as overcoming anxiety, dealing with panic, lifting depression, using relaxation as a therapeutic tool, managing stress and so on. These participational workshops will be useful to both sufferers and practitioners and will count in the requirements of continual professional development for psychotherapists/counsellors, social workers and doctors.

Busy, busy, busy

So, all in all, it looks like a busy autumn/fall and it is going to be a lot of fun. For the last two weeks of August, me and mine will be driving through Europe for some chillax in the Italian lakes. But the blogs will keep on coming and I will try up-loading some photos as we travel and share some of the wonders with you, as we see them. You might like to do the same on the forum. You could tell us where you have been and how it has positively affected you and your life, photos included, and maybe suggest some places that your fellow travellers in the light might like to go and see for themselves.

Keep hooking into the blogs, keep loving, stay lucky and share your good fortune with the world.

Sean x



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