



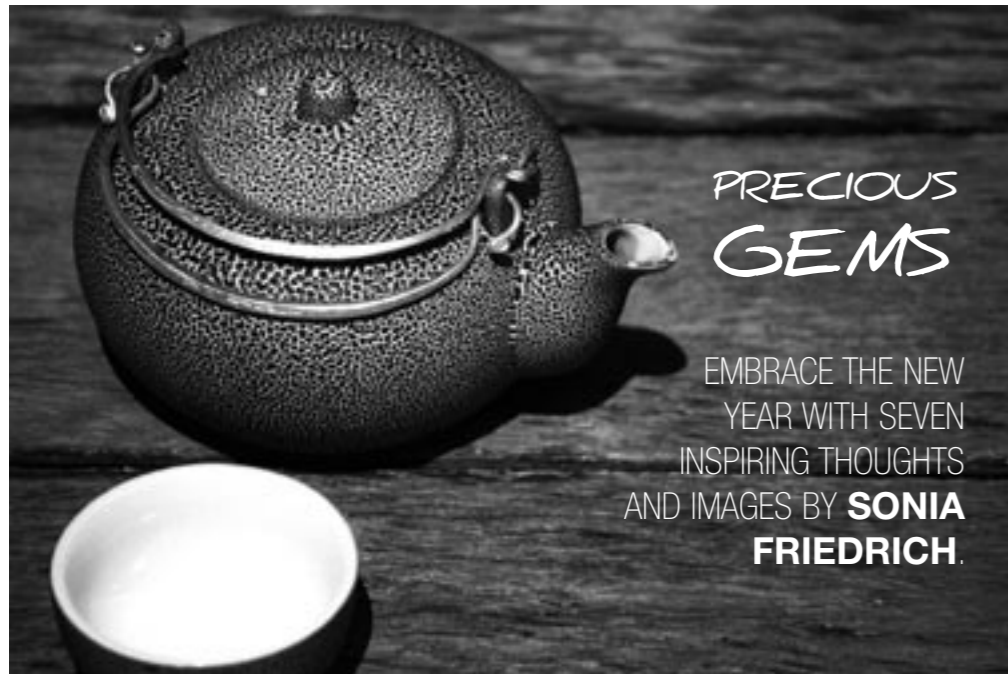
TRUST & CONNECT

Let people into your world without making assumptions about what they think and feel. There is no need to hide. Share your life and allow yourself to connect on a deeper level with everyone. Trust. It is safe.



LIFE PROVIDES WAKE-UP CALLS

It could be an illness, death, divorce, ended relationship, accident, bankruptcy, or job failure that is the impetus for you to stop for a moment and look at where your life is. Are you really happy with your life, or is this wake-up call your jolt to make a change? Are you one of the living-dead – going through the motions of life but feeling 'dead' inside? Wake-up calls may be difficult to face and overcome. Be gentle. Take responsibility. See the positive in the often difficult to explain blessings life provides. Wake-up! Wake yourself up.



CANDLE RITUAL

Purchase two beautiful candles with colours or scents that are meaningful to you. Have one for the celebration of 'truth' and the other for the celebration of 'connection'. Buy them big. Large enough that they will burn for a few weeks. Light the candles deliberately. Spend time to reflect and be immersed in their significance. Each candle is an illuminating reminder that connection happens as you trust the sharing of your truth. The daily reminder creates personal change.



IT'S O.K. TO CHANGE YOUR MIND

Nothing is as it was the day before. As life unfolds, you change, we all change. Each day is new, so are you, and so are those around you. When you grow, your ideas may change – often. Be flexible. Let them. Give yourself permission to adjust your thinking accordingly. Even if this means your ideas are different from the day before, the second before, and you seem to be contradicting yourself. If an idea no longer holds true for you, let it go.

CREATE RITUALS

Create rituals of meaning in your daily life. Give further consideration to your habits and routines. As you brush your hair, shower, clean your teeth, make a cup of tea or turn on a light use these times to symbolically let go of the old and bring in something new. Through ritual you can cleanse both your body and your mind. Any regular activity can become a reminder for change and positive reinforcement, to focus thought and modify behaviour. Introduce ones that work for you.



COCKTAILS FOR HEALTH

Mix new cocktails in your life. Move from toxic to de-toxic. Shake 'em up a little! As you take your health and healing into your own hands, start to identify the toxins that you have voluntarily ingested and feel the impact they have on your energy system. Pick fresh ingredients that cleanse and heal your body. Leave the gin and tonics, caipiroskas and vanilla martinis behind as you blend new creations of diet, meditation, exercise and garnishes to suit. The ingredients for health are endless: yoga, aromatherapy, gardening, fresh juices, water, massage, prayer, cranial sacral balancing or shamanic journeys. These are a few you can 'drink' to quench your health thirst. Now's the time to feel drunk on life.



ANGELS AWAIT

You have guardian angels surrounding you. Patiently they wait. When you are ready you will find them. Ask for their help. They listen whenever you need. They never leave you, yet you leave them, often. Be silent and allow space to hear their angelic voices of comfort. Feel their presence. Know that you are not alone and that there is a higher realm that is guiding your hand. Be gracious in your receiving of the Divine.

Photos: Sonja Friedrich
Clockwise from left: Angels Await, Cocktails For Health, Create Rituals, Candle Ritual, Trust & Connect, Life Provides A Wake Up Call and It's O.K To Change Your Mind.