

M A R C H 2 0 1 1

The Therapy Directory Newsletter

New Beginnings...



...New Growth

There is a lot of pressure right now to be successful, while aiming to fulfil family commitments and have a good work life balance. It is quite understandable sometimes that we become overwhelmed at times and feel unable to follow our dreams.

There is literally light at the end of the tunnel. The evenings are becoming lighter and longer, bulbs are appearing and new growth and opportunities are presenting themselves in each moment. It is just a matter of changing the focus.

- The first question is: what do we really want?
- What are we prepared to let go of? (This includes thoughts that no longer serve us)
- Are we willing to allow our lives to change and be in a position to help others make changes?

On a personal level there is a realisation it is not possible to make another more successful or change their old ways. What is possible is to be compassionate and see the potential and greatness in everyone.

Gill x

To advertise your products, services or events in this newsletter please contact:
maddie.silcocks@virgin.net

Would you like help creating a newsletter like this one?

Contact: maddie.silcocks@virgin.net

Life goes on

What is the hurry
and where do you rush
why behave incessantly
as if running for a bus

Stop a while and gaze in wonder
at the beauty all around
snowdrops and daffodils budding
bursting from the ground

The birds are singing to
honour this glorious day
Please may I remember
to be forever grateful
for all the gifts
along the way



We were very fortunate to have with us at last months Networking meeting Annie and Carole, both successful coaches who were with us to share their secrets to success. The tips taken from their books are available to either buy at the next Secrets to Success Networking meeting on 7th March or free when you become a member. Both Annie and Carole are offering their services of a FREE coaching session for Secrets to Success members. To find out more contact us on info@therapydirectory.net

Thanks to Christine Wesson for her tips on Creating Abundance

Attraction Marketing - Annie Meachem

Asking for support

If you are self-employed working on your own can feel quite isolated, especially when based at home and lack opportunities to bounce ideas around and gain broader insights. Do you know regular groups to attend or join a conference call with others in your field?

Attraction in action:

1. Think about your business - where do you know you could benefit from support
2. Take an action step to seeking support. Its ok to ask for help

Coping with Overload - Tips from Carole Marits Author of

"24/7 24 ways to have more time in your day and be Super Organised"

1. Take a moment - pause step back and consider personal priorities
2. Get stuck in - once re focused just do it!
3. Manage your energy - take appropriate breaks, take care of yourself
4. Let go of things you really don't need to do
5. Be brave, its ok to say no

FREE 60 Minute business health check Tel: 0845 2013963 pinksparks@btinternet.com

Dates for your diary...

12/03/2011 - Introduction to Shiatsu Day (only 2 places left! 02392 831554)

16/03/2011 - Health and Practitioners Support Group 2pm - 4pm (Bosham House, 01243 572109)

21/03/2011 - Introduction to Kinesiology (Jo Scott, 01243 266813)

01/05/2011 - Sounding Workshop (Russell Stone, at Bosham House)

14/05/2011 - Soul Colour Therapy Talk 2pm - 4pm (Gill Routledge at Bosham House)

This month looking at **ALLERGIES**

Allergies can be brought on from inhaling substances such as pollen, dust, mould, pet hair or ingesting certain foods; wheat, shellfish and nuts can cause a reaction from mild irritation to anaphylactic shock. Sensitivity to allergens can be inherited.

Natural antihistamines

- Nettle
- Ginkgo biloba
- Omega 3 fatty acids

Vegan Pancake Recipe

- 1 cup of flour (any)
- 1 tbsp of sugar
- 2 tbsps of baking powder
- pinch of salt
- 1 cup of soya milk
- 2 tbsps of vegetable oil

1. Set a pan to medium heat.
2. Combine the dry ingredients in a bowl.
3. Add the soya milk and vegetable oil to your mixture.
4. Mix until smooth.
5. Spoon a couple of tablespoons into the pan.
6. Flip when you see bubbles in the middle of the pancake.

Add syrup or make them savoury. Enjoy!

