

This Free E-Book is brought to you by Natural-Aging.com.

100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Embrace It All

By Helaine Iris

Embrace It All by Helaine Iris

Embrace It All

Helaine Iris

© 2003

"One does not become enlightened by imagining figures of light, but by making the darkness conscious." C.G. Jung

Recently, during a coaching session, a new and frustrated client was struggling with limiting thoughts about herself and her ability to take her business to the next level. She told me she had been using visualization techniques, attraction principles and meditating on the perfect business. She saw in vivid detail the exact aspects of what she wanted and dreamed of. Still, after several months her lack luster business was flat and her income barely supported her.

She was truly puzzled at her uninspiring results; she felt she was doing everything right according to the "spiritual principles" she'd been utilizing and trusting. No wonder she was frustrated.

I got curious about what might be going on and asked about her limiting thoughts. She told me she wanted to explore them, so we did. With much care we turned our attention to her childhood. Together we wondered about the various messages she received from her family and culture about being a responsible and successful businesswoman. It didn't take long before she began to uncover the roots of her troubling beliefs.

"Women should stay home and take care of their families. If good happens to me, bad is sure to follow, I'm lazy and can't do anything right". These untrue yet deeply accepted beliefs were just a few of the gems she discovered that profoundly shape her. No wonder her business wasn't thriving.

Once she made the connection and saw the power of these pervasive beliefs it was as if a light bulb went off. She immediately asked me how she could "get rid" of the offending thoughts so her business would grow. I took a deep breath and told her, in my experience, it wasn't possible to "get rid" of thoughts.

Embrace It All

I continued on and suggested that the best she could hope for was to embrace her thoughts; all of her thoughts. The first step was for her to expose the old, incorrect assumptions, bring them into the light of day and then replace them with what is true.

She got very excited at the prospect. She then revealed to me that in fact she was barely even promoting herself in any tangible way to build her business. It became clear to both of us how her underlying belief that she was lazy was fulfilling itself. She was leaning on "spiritual marketing" and some magical thinking to compensate for her lack of ability to actually get out there, talk to people and take meaningful action.

Once she saw that she could embrace her limiting thoughts (that were bound to keep coming up),

continue her practices and take action her whole outlook brightened. We set a plan into motion for her to actively engage as a successful businesswoman and build her business into a thriving success.

She's well on her way.

It's YOUR life...imagine the possibilities!

Helaine Iris is a certified Life Coach, writer and teacher that loves her life. She works with individuals, and self-employed professionals, who want to thrive in their business while crafting a life that's in absolute alignment with their highest ideals, deepest values and gracefully masters the complexities of modern living. For a solution focused complimentary session visit her website <http://www.pathofpurpose.com> or call her 603-357-8546 or email her helaine@pathofpurpose.com

Be Ready for Change

By Dennis Eppestine

Be Ready for Change by Dennis Eppestine

Change is scary, isn't it? After all, things might not be perfect right now, but at least we're here and getting through it. Change might make it worse instead of better!

But without change, there is no growth, no improvement, and in scientific circles no life. Life is change, and if we're to fully appreciate the gift of life, we must adapt to change.

OK, on to something a little less important than life – Internet Marketing! If you can't handle change, you better get out now!

New developments happen in days and weeks on the Internet, as opposed to months and years in regular marketing. If you don't

stay up-to-date, you can't compete.

I'm not suggesting you jump on every new bandwagon that comes along. Some of them are pretty bad! But if something looks good to you; if something looks like a real improvement, then you have to embrace it. Use it, improve your knowledge, then get ready for something new to come along!

Another fear of change involves the fear of how it reflects upon you. For example, I changed some very basic facts about a couple of my websites. It was something I felt I had to do, but like I said, the changes were fundamental. So naturally, I start thinking things like, "Will visitors realize what I've done?" "Will they understand that the change was something I feel deeply about?" "Will they think I'm insane?" (See how my mind works?)

But to follow my own advice – I had to be ready to change, in spite of the natural fears.

So embrace change, learn from it, accept it. If you're in Internet Marketing, it's a part of your life!

Dennis Epestine operates 3 websites

at:<http://www.products4profits.com><http://www.1stmarketingtool.com><http://onestopguidetointernetmarketing.com>

How to keep up the SPICE in your Love Life.



This Free E-Book has been brought to you by Natural-Aging.com.

[100% Effective Natural Hormone Treatment](#)
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!