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

It's a Wonderful Life

By John Mitchell

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In November 1996 I was made redundant from a senior role within the Investment banking industry; I felt lost. I looked for a new role in the newspapers and with many recruitment agencies, nothing even sparked my interest. No surprise, I was unsuccessful at all interviews, there was not a new job for me.

In February 1997 I got the message that changed my life forever.

At the insistence of a close friend I had gone to visit Jean Clarke, a Colonic therapist. During the first minute of my initial visit to Jean, she said had a message for me, but was dubious about giving me the message. I insisted.

The message was that the man in front of her (me) felt his life was over and the affect of this would be this. Within two years I would become seriously ill and die within five years. Even the love of for my wife and two young sons would not be enough to keep me here. I had given none of this personal information to Jean.

I was shaken; Jeans' message resonated with me as no other ever had. After twenty frustrating years in business life I did feel my life was over. I felt I had been there and done it many times over, there was little more left for me to achieve.

The information came to her as a message. There was another message; if I changed my life and turned towards a role of helping people I would have a long and happy life ahead of me.

The veils began to lift from my eyes. I felt I had hope and my life changed that day in that room in South London. I always bless Jean for being my messenger and guide during this period of my life.

I decided to turn my back on my previous professional life and seek a new path. Fear and excitement came in equal measure, as I once again became a student. This time I was an eager and in time a

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humble student.

For the past six years my life has been a rollacoaster of emotion, fear, joy, happiness and loneliness. I knew the general direction I had to travel with no idea as to the specifics.

I have always been and remain a true skeptic, open-minded and willing to try.

I journeyed to places I could not have imagined myself going. I first became attuned to Reiki healing and found my life changing. I began to link with wonderful enthusiastic people.

I continued my studies in the area of healing such as bio-energy, Journeywork, Higher Self work (which Jean introduced me to) and many other studies.

I also decided to develop my conscious or unconscious skills. I studied NLP, Timeline, Covey techniques and many more. I found all of these techniques fascinating.

I enthusiastically traveled both the healing and practitioner routes. After three years I discovered, they were the same route. As I grew within myself I discovered they were all parts of a toolkit to help in the process of healing.

It was always about my personal growth. Whether I was working upon myself or another person, I was always facing a part of my own transition. Whatever the issue, I felt that when I was ready, I was always supplied with the true answer. I often did not understand the question posed, but trusted in the answer. The gift, my faith began to take on a more powerful role in my life.

People ask me what has changed in my life. All I can say is that I have experienced and continue to experience greater feelings of peace, joy and happiness than ever before in my life.

I felt my passed was spent swimming against the current. Now I spend a great deal of time in still warm waters. At times I also experience the joy of being in the flow' and moving with the current; an astonishing experience.

If I get down, it is only for short periods before I bounce back. In the past depressions stayed with me for days or even weeks. In fact as I look back with hindsight upon my earlier life I believe I felt depressed for most of it.

I have stopped blaming other for events that happen in my life and take responsibility for every aspect of my life. I sometimes knee-jerk into blame, but I soon recover and see it differently. A most empowering feeling

As I felt many of the fears and worries leave my life, I was better able to be me and empathize with others.

My role was only ever to heal myself. Also to help others, if I can, do the same.

Many of us travel a path of pain and depression. Whilst buried in this illusion, many just wish to create or own physical demise, as I did.

If you are in this place there is another way. You do not have to develop a life threatening illness to begin change. It is up to you.

Written by John Mitchell, Professional Life & Power Coach and creator of the online life change programme Lifeline web address www.satoriforlife.com

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Today, A Wonderful Day

By Hifzur Rehman

Believe me, today is the most wonderful day of your life! You live in today; drink, dine, walk, talk, work and play today. Living today is not enough, make it a wonderful day for you.

In order to make your today a wonderful day, get up from the bed early in the morning. While brushing your teeth, brush away the unfounded fears about today. Look in the mirror and say: "It's a wonderful day".

Go for a morning walk. Look what you were missing in your life. The chattering of birds, the smile of flowers and the (good) morning breeze gently touching your body. What a wonderful day!

After oxygenating your body in the open air, sit down crossed legs on the floor in a quiet place and go into deep meditation for 20–30 minutes with your eyes closed. Now open the window of your imagination and see with your "inner eyes" a giant YOU (a very energetic, fearless and confident person). Visualize the real YOU, a very powerful person within you. Take the divine energy from your inner–self and charge your body with the high powered currents. Isn't it amazing! Lucky you! No doubt, it's the most wonderful day!

What can be more refreshing than taking a hot water shower cleaning your body from head to toe. While shaving your beard, shave away the weeds of fear, self–pity and helplessness. Rather grow an imaginative beard of faith, courage and confidence. Now look in the mirror with your newly grown beard. Smile, smile, smile; it's a wonderful day.

Don't forget to eat a nourishing breakfast. Your body needs energizing food to maintain a good posture and a positive attitude. Oh no, don't switch on the TV in the morning. Let the "dear devil" sleep. The TV people like to show "breaking news" and you know any "bad news" is a "breaking news" for them. Don't allow the TV to take away your smile and push you in the negative territory. It will be a disaster for you. Instead, play your favorite music and sing "it's a wonderful day".

Reaching your job place a few minutes before the start of work gives you the positive feeling of being

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ahead of others. Shake hands with your co-workers, smile and say good morning, I wish you a wonderful day.

Monday is the day when people have to push themselves to go to work. What a pity! Monday should be the most wonderful day for you. What can be more satisfying than the feeling that after a gap of two days, you are back to work. Enjoy your work. Be proud of your work.

During the day whenever you feel depressed just say the magical words "it's a wonderful day" and see how the depression melts away.

Make every effort to make today a wonderful day. Those who lived yesterday are sleeping in their graves. Those who will live tomorrow, we don't know. The only living day is today and it's a wonderful

day for the person who knows the dignity and honor of today.

Hifzur Rehman, the owner and editor of

is helping people in

motivating them to reach their goals in life. This website provides free inspirational articles, useful tools, tutorials and other material for a better and more rewarding happy living.

Today, A Wonderful Day

What Do Mothers Want?

Celebrate! Create A WOW List

Beautiful Tuscany

How Do You Find What Your Calling In Life Is

The First and Second Adam

Bread And Biscuit Baker's And Sugar-Boiler's Assistant

Vintage Crochet Patterns Bridal

Wonderful Wedding Favors and Wedding Gifts

Profitable Crafts Vol 1



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