

Taking time out!

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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!

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By Lisa van den Berg

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Recently all I've heard around me, is the importance of Balance!

I must admit that I am a 'driven' person. I drive myself to succeed and have to force myself to take a break.

I have, however, learnt the importance of adding balance to one's life.

The toll that is taken on not only your physical but emotional and spiritual well-being, is not good. It is the one thing that 'forced' me to re-consider. The fact that my business was suffering because I wasn't holding it together, was the catalyst for change.

I took a class in Primordial Sound Meditation and learnt to consciously relax for 20 minutes twice a day. I took time to read books and rediscovered the absolute wealth of information a book holds. I took weekends off and just chilled, took time to walk every morning and marvel at the wonders of Nature and learnt to 'belly-laugh' again.

Being with Nature has always been a wonderful way to fix your woes. Taking a walk in the fresh morning air, or just as the sun is getting ready to go to sleep. Wondering at the beauty of a newly spun spiders web, closing your eyes and listening to the chorus of birdsong as the community prepares for another day. Watching the clouds as they scamper across the sky. The multitude of shapes

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they form and the array of beautiful colors portrayed as the sun sets behind them.

I have never much fancied fishing, but the other day I heard a description of a fisherman's desires and he said it was just wonderful to sit quietly in Nature, for a couple of hours and come back refreshed and renewed. (I think I may take up fishing now)

Meditation is a wonderful way of calming the multitude of thoughts we have every day. It never stops the voices (who would want to, with the score of brilliant

ideas they come up with), but it helps them take a nap for a while. I feel so connected to the Universe and to God, when I meditate and I come out of it, with a deep feeling of peace.

Reading inspires, motivates, teaches, mitigates and soothes. I have an absolute fascination for information. Books have helped people I know, to learn to speak English; taught them lessons that have helped them to turn their lives around; motivated them to aspire to desired heights. Books impart stories that show us we are surrounded by wonder, every day; heal our hearts; teach us compassion and help us see others in a new light.

Laughing is truly 'the best medicine'. Whatever your sense of humor, there's nothing like laughing until you're breathless and your stomach hurts. Laughing gives you character creases around your eyes; it soothes hurts; it lifts your spirit and it connects you to those who laugh with you. Laughing at yourself relieves the pressure; shows up your weaknesses in a way that allows you to accept them without having to put up a defensive barrier and connects you to those who were intimidated by you. It is the ultimate icebreaker and so, forges unbreakable friendships.

So, learn to 'chill' and you will find your Life is so much the richer for learning to relax and take Life 'not so seriously'.

Lisa van den Berg is the author of `Alleviate Stress - 12 Simple and Easy Ways to Transform Your

Life!"Take the free online Stress Test at <http://www.Alleviate-Stress.com/web/ar14> to see how much stress you're under and why you need to do something about it right now!

The Benefits Of Taking A College Course Online

By Tawee Subsomboon

There are many reasons why you might want to consider taking a college course online. By far the greatest advantage of taking a college course online is convenience. You can take a college course online from anywhere that has an internet connection. These days, with many wireless notebooks you can connect to the internet from almost anywhere which makes taking an online college course even more accessible. No more sitting in classes or being cooped up indoors. You can access your college course online from anywhere you want to.

Many people don't think that they can find the time to fit in getting a college qualification with their other commitments. Taking a college course online can be the answer to this problem. You don't have the same fixed schedule to attend classes when you take a college course online. You get to study at your own pace and at a time that suits you. It doesn't matter if you want to do all of your college work in the evenings or at weekends, with a college course online you can do exactly what you want.

Many of the institutes that offer a college course online do not set any time limits for you to complete the course in. This means that you can take as long as you need. If you find that you are unable to study for a few days, weeks or even months there is no problem when you are studying your college course online. You simply start studying again whenever you are ready.

Another benefit of taking a college course online is that a large number of them do not have a formal exam that you have to sit at the end of it. Many of the courses are awarded based on the marks gained in assignments throughout the course. However, if the particular course that you want to take does require that you take a supervised exam to qualify then you will be offered a time and place to suit you.

There are no age limits for people who want to take a college course online. This is ideal for more mature students who don't relish the thought of going back to college and being surrounded by students who are half their age. So if you are 18 or 80 you can take a college course online and obtain the qualification that you have always wanted. You are allocated a personal tutor who is available to help you with questions and help you work through your assignments and will mark your college course online or by post if you prefer. Some courses also have facilities for students to chat to others taking the college course online to exchange ideas and offer support.

Tawee Subsomboon writes extensively on online education for anyone wanting to further their education, His knowledge and invaluable resources fill his comprehensive website with information, resources links and advice.

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