



Your achievements are limited by your beliefs alone!  
Break free to succeed!!!

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Dear Clients, Colleagues and Friends,

Do you take your health for granted? Many of us do.... until the symptoms of ill health present themselves. And even then, some of us continue to ignore the signals our bodies are giving us.

Did you know that many illnesses are often metaphors for negative emotions that we are experiencing? Disease is often caused by dis-ease. The proverbial "pain in the neck" may be due to any number of negative emotions or conflict "weighing" on your shoulders. A cold or flu (or sometimes worse) may give you the advantage of not having to go to that dreaded event or may derive attention from a partner, attention that you're not otherwise enjoying. Your body, and more specifically your unconscious mind, will often take the quickest route to get for you what you need and want. Unfortunately this route is often filled with drama and chaos so that you will consciously realize what you are seeking!

So, check on your emotional health. Deal with negative emotions, conflict and any dis-ease **BEFORE** your body manifests them into physical distress!

Emotional health may not guarantee physical health, but it certainly is a good and necessary first step to your overall wellbeing.

To your continued growth, health and happiness!

*Anita*

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