



# Joyful Expressions

Monthly e-Newsletter  
 Joy in the Journey & Woo Woo Marketing



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Hi Joy-filled Being,

Did you know that you are DIVINE? Did you know that there is no one else like YOU on the whole planet, in the whole galaxy? *It's true!!*

How often do you stop for a moment to reflect on how amazing you are? Do you still have those nasty negative thoughts and beliefs? Do they tell you things that make you feel bad? In this moment, while you're reading this newsletter, **I give you permission to stop the old tape of negative thoughts.** Now, LISTEN to this newsletter as you read it. For the next 5 minutes, **let go and allow!**

Welcome to the rest of your life. That's right, from this moment forward you have the power to choose differently. You can decide right now to let the old patterns and thoughts go and **be** in the present moment of Divine Perfection.

May your 2008 be filled with what you want – it's your life, right? So choose what you want. Do you want to feel more love, more joy, and more contentment? Then say "YES" right now! Then let it happen.

Ahhh... some of you are thinking, it can't be that easy. And others are thinking, cool... maybe this could work. And I am saying, "Think and feel good and allow that to be different in every moment and different from everyone else."

So often we get into this comparison mode where all we think about is someone else and what they think and feel as good. You are your own person so stop looking outside yourself and start looking and feeling what is within **YOU!**

### Let's practice feeling good...

Take a deep breath in and breathe in the new. As you breathe out, breathe out the old. Now repeat that a few more times and allow your brain to

relax and your heart to open. Now repeat these statements to yourself (preferably in a mirror).

**I am alive!**

*I choose to feel good.*

*It is safe for me to feel good.*

**I am alive!**

*I choose to feel joy.*

*It is safe and I am protected.*

**I am alive!**

*I choose to live.*

*It is a powerful and fulfilling choice!*

*I am loved.*

*I am loveable.*

**I AM!**

Take a deep breath in and feel what it feels like to affirm that YOU ARE ALIVE! Let it inspire you. Let it move you. Let it erase the old tape. Breathe again and claim it!

There are exciting and life changing experiences and opportunities waiting for you. I'm excited that I get to offer some of them.

#### The Return to Sweetness Kit:

A product line created to support you in feeling joy, love, and acceptance so you can be re-empowered.

[www.thereturntosweetness.com](http://www.thereturntosweetness.com)

#### STAY TUNED: In 2008 – a Series of Workshops:

3 – one day workshops to fully experience joy, beauty, and love that will use The Return to Sweetness kit. More details will be coming soon!

#### Heart Inspired Chakra Aligned BreathWork:

Give yourself the opportunity to step into the heart and take your first breath in this one day workshop.

#### Choose Differently – Life/Business Coaching:

You can choose one session at a time or purchase a package of four sessions. Either way you'll be supported in making different choices and feeling good so your life is full of what you want.