



Newsletter

December 2009

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Merry Christmas

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Happy New Year

I would like to take this opportunity to wish each of you a very Happy Christmas, and a prosperous and joyful New Year.

Over the last couple of years of organizing events I have come to know many of you as friends and so feel very lucky. I would like to say a huge thank you to you all, the fantastic atmosphere at the events is always commented on, and it is so nice to have such fabulous people to work with, have a laugh with, and grow with.

I will be organizing several events for 2010, including psychic suppers and psychic fairs. Psychic suppers are great fun, and I do hope you will join us for the first of these on 29th January at the Bowling Green, at Weeley, near Clacton-on-Sea. There is a wide selection of suppers to choose from, and everyone will get a reading either before or after supper. You can purchase tickets from the website www.genuinereadings.com

The first of the Psychic Fairs is on 5th February at The Kingscliff Hotel in Clacton, a beautiful venue. This is an evening event, with a team of readers and a selection of paranormal related retail stalls. Please see the events diary for stall booking details.

I always look forward to Christmas, and I love being at home with my family, and even though my children are growing up fast, we thoroughly enjoy spending the day playing games, watching T.V or films, and eating far more than can possibly be good for us.

I have many plans for the new year, though am reluctant to make any new year resolutions, and prefer to have goals to aim for. I have recently re-created my vision board, which was a lot of fun, and will be focusing on that. What are your passions for the New Year?

Over the last couple of years of organizing events I have come to know many of you as friends, and feel very lucky.

Events Diary 2010

I have lots of plans for 2010, and hope to be running many more events.

The events diary is not specific to Inspirations events, and if you are organizing events, or know of events elsewhere, then please send me the details and I will be happy to include them in the diary. Please send me the event title, date and location with postal code, and organizer contact details for inclusion please and email to sophie@inspirationsonline.co.uk

Date	Event	Venue	Organizer
29 th Jan	Psychic Supper Tickets £15 6.30pm for 7pm	The Bowling Green, Weeley, Essex. CO16 9AD	Inspirations Sophie 01255506784 07701043622 www.genuinereadings.com
5 th Feb	Psychic Fair £2 Admission 7pm - 10.30pm	The Kingscliff Hotel, Holland-on-Sea, Essex. CO15 5JB	Inspirations Sophie 01255506784 07701043622 www.genuinereadings.com Stall holders needed
6 th Feb	Mind Body & Spirit Fair 10am - 5pm Admission £1.50	The Hind Hotel, Wellingborough, Northants.	Mystic Worlds Malcolm 07758 485217 or e-mail malcolm@mystic-worlds.co.uk Stall holders needed
6 th March	Inspirations Mind Body & Spirit Fair £2 admission 10am - 5pm	The Park Pavilion, Harwich, Essex. CO12 3NS	Inspirations Sophie 01255506784 07701043622 www.genuinereadings.com Stall holders needed
7 th March	Mind Body Spirit Event 11am - 4pm	Acton Village Hall, Acton, Nr Sudbury Suffolk	E:mail : kw_somerville@yahoo.co.uk Tel: 07592 575666 Stall holders needed
8 th May	Craft & Therapy Fair £1 admission 10am - 5pm	St Johns & Highwoods Community Center, Colchester, CO4 9SR	www.craftandtherapy.co.uk Stall holders needed
17 th July (this date may change to coincide with the Harwich Sea Festival)	Inspirations Mind Body & Spirit Fair £2 admission 10am - 5pm	The Park Pavilion, Harwich, Essex. CO12 3NS	Inspirations Sophie 01255506784 07701043622 www.genuinereadings.com Stall holders needed
6 th November	Inspirations Mind Body & Spirit Fair £2 admission	The Park Pavilion, Harwich, Essex. CO12 3NS	Inspirations Sophie 01255506784 07701043622 www.genuinereadings.com Stall holders needed

I have more dates pending confirmation, so make sure you check January's issue for updates, or for Inspirations events only, please add the website to your favourites www.genuinereadings.com As you can see the events page is filling up fast, and whilst I can't promise to include all events, I will do my best.

We are Fairy Dust!

By Sophie Suley

Some of you may be proficient at meditation, some of you may just be starting and realizing that it isn't as easy as you thought it was! I hope the information here will help a little for those of you who are getting a little frustrated with the practice and encourage you to keep going. Meditation is such a beneficial practice, and while it can be frustrating to begin with, with a little perseverance, patience and understanding, you can achieve great results.

THE MIND BODY PATHWAY (bear with me just for a minute) but I think important to understand the process, so here goes!! There are primarily 3 layers to our mind,

The unconscious mind deals with our primitive survival instincts, food, warmth and shelter

Our conscious mind deals with striving for self development, achievement, creativity, improvement in our living conditions, so existence is not the sole purpose of life. (even though it might feel like it sometimes)

The subconscious mind is our untapped potential, scientists say that humans only use 10% of their brain (and yes I know, some people use far less than that!) largely due to the fact that with the exception of a few, this level is not fully functional in humans.

Our central nervous system monitors and regulates our body chemistry and maintains, or at least tries to, equilibrium at all times. Our chakras are areas along the spinal column which coincide with concentrated areas of nerves. Our chakras function in maintaining the balance of energy flow within the body systems that they control, and each chakra is a flowing mass of ever changing web like energy. There is an intimate link between the body organs, mental state, and emotions. Your physical body affects your mind, your mind affects your physical body, and both affect your emotions.

Quantum theory says that at a subatomic level, material loses its solidity to reveal a constant dance of particles and waves that fluctuate in a swirling field of light and electromagnetic energy. Some of these particles are so small that even the most powerful microscopes can't see them; however they leave a trail of light which is characteristic of their presence.

SO, AT THE MICROSCOPIC LEVEL, WE APPEAR AS FAIRY DUST. I think that's actually pretty cool, what do you think?

So when you are trying to sit in meditation, and getting frustrated with yourself, please bear this in mind; there are 2 steps that lead to meditation, and they are relaxation and concentration.

By getting to grips with the above and realizing that you are a web of interactive energy, a vast array of emotions as well as a physical being, may help in some small way with the meditation process as it unfolds. It's useful to bear in mind that if you can't physically relax, it will be difficult for your mind to relax, and vice versa. This will affect your emotions by way of frustration, feeling a failure, being angry with yourself for not being able to get to grips with meditation. **IT'S A PERFECTLY NORMAL REACTION.** Meditation takes time and patience, be gentle with yourself, you will get there.

INTUITIVE CARD READING WORKSHOP

20TH FEB

10am – 4pm

£35

Contact Sophie for details

01255 506784 07701043622

sophie@inspirationsonline.co.uk

www.genuinereadings.com

TO ADVERTISE YOUR WORKSHOPS, COURSES OR TRAINING EVENTS HERE,

please contact Sophie for
details

01255 506784 07701043622

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Are you running any workshops?

If you are running any workshops or courses then you can advertise them in this newsletter. The newsletter will be sent to everyone on my mailing list, and all I ask is that you forward it to anyone in your own mailing list that might be interested. I will have a number of newsletters printed for distribution at the events that I attend and organise, and you are welcome to do the same. This is a monthly publication.

You can see from the adverts on page 3 how your workshop will be displayed, and this will only cost you £8 per issue.

Please email the details to genuinereadings@live.co.uk and payment via paypal to sophie2609@hotmail.com
Or send a cheque made payable to Inspirations.

Would you like to see your article in the newsletter?

If you have been dying to get your knowledge out there then why not write an article for the newsletter. Educate people about your chosen therapy, or about what inspires you to do what you do. Articles about angels, tarot or oracle cards, different festivals, advertising methods that you have found effective and would like to pass on, meditation or visualizations that you enjoy, or anything else that you think would be of interest can all be included. Please email your articles to genuinereadings@live.co.uk.

Wishing You All A Happy New Year

I would like to take this opportunity to wish you all a very happy, prosperous and fun filled New Year. Don't be too hard on yourselves with your New Year resolutions, make them realistic and achievable!

Enjoy the festive season, eat, drink and be merry

Merry Christmas & Happy New Year