

# Newsletter

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

<http://abstractcoaching.blogspot.com/>



AbstrACT  
Coaching

March 2011



&  
DreamBoard  
Expert

## Monday Motivation

**21st March:**

Sheila Gray—  
Meditation, reflexology  
& Bowen Technique

**28th March:**

The Gift of Self—  
Acknowledgment

**4th April:** Cocoa  
Ooze—Jamie will talk  
about following his  
dream (chocolate),  
[www.cocoa-ooze.co.uk](http://www.cocoa-ooze.co.uk)

**11th April:**

FUN LUNCH—  
Sinclair's Bistro  
10am till 2pm  
Subject—A surprise  
Book your space NOW!

## Day 5, "The Gift of Reverence"

Without your body you cannot occupy the Earth. The entity allows you to play in the game of life. "One would think that since the only 'buy in' to the game was this body of yours, you would hold it, nourish it, adore it, and revere it each day that you were blessed to embody it. But this might not be the case. Maybe your body shows up as a nuisance, another thing to that has to be fed, cared for, and maintained—another to do on your long list of tasks that must be checked off. To transform your relationship with your body, you must embrace the agent of change known as reverence."

Taken from "The 21-day consciousness cleanse" by Debbie Ford,

**Reverence—meaning—regard or treat with great respect.**

Wow, well it is the most interesting and effective book of self discovery, Debbie who herself in her youth did not always make the best choices has definitely found a beautiful and valuable way of sharing and teaching others how to come back from adversity.

As we approach **Spring**, we are reminded of so many new beginnings, seedlings germinating and producing beautiful visions of fields of flowers. It was less than 3 months ago that we made some promises to ourselves about 2011 being the year that we actually make it happen, follow that dream to fruition. How are you getting on?

I have developed a **fantastic 15 week program** called "7 Abstract Principles for your success" to ensure that you realize your dreams for once and for all.

I only have 15 spaces, sorry only 10 left, to be considered suitable for this program I am holding 60 min interviews to see if you are ready for this amazing opportunity in your life.

If you would like **to apply please email me** so we can arrange a time for an interview. All interviews will be via telephone or Skype.

Debbie Ford, has a story, Theresa Day, has a story and you have a story, lets re write yours with the ending that you ultimately desire.

This week at **Monday Motivation** we had an inspiring talk from Judy Patterson, Medical Herbalist and Nutritional Therapist, [www.judypatterson.co.uk](http://www.judypatterson.co.uk) the inspiration for this article.

### Gratitude DreamBoard Workshop

10th April 2011—11am till 4pm

At the Bennachie Centre—Aberdeenshire

An opening meditation from Angel Dawn

A walk in the forest, & your GratitudeBoard creation

all material included PLUS a delightful finger lunch

Booking is essential as space is limited.

£55.00 (incl donation to the Bennachie Centre)

**See our website for more information 'events'**

You are invited to:

Monday Motivation,

Gallery i, Inverurie,

10am—11am

Only £3.50

Coffee, biscuits and

motivating to kick

start your week.

Everyone welcome



Let's Light you up!  
In happiness  
Theresa