

# Newsletter

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

[www.miraven-travel.com](http://www.miraven-travel.com)

## Reflections .....Inspiration

Inspiration is what gives us ideas, even dreams.

Inspiration is feeling whether it's being happy or sad.

Inspiration is sharing something inspiring or just your secret story.

Or something to encourage another,

Inspiration is all around us, sometimes visible and sometimes not.

Inspiration is discovering something new or something hidden.

Inspiration isn't just a word it's a feeling sometimes beyond words.

Inspiration is the core of our being.

It keeps us going, it keeps us moving.

It keeps us thinking and it keeps us encouraged.

It's also something to look up to as you would a role model.

We are all inspiration to ourselves and to others even if we don't realize or know it. (<http://www.mirrorsoflife.org/>)

Over the past week we have experienced some extremely powerful events encompassed through a marriage and a death, for different individuals these occurrences will have evoked different emotions, massive events like this often call us to spend some time reflecting on our life's journey, what did you feel as you experienced these events, how amazing was it to be free to release that emotions that perhaps had been locked away for some time?

It is at these times that it is good to seek inspiration from any revelation that you uncover, embrace it as fuel to catapult you to that next incredible step that you are busy striving towards at this very moment in your life.

Don't let go, never give up and enjoy every twist and turn that you are presented with.

Thank you for the reflection that has led to a very fresh inspiration!

*If after your reflection you would like to take your life, your future and your dream to the next level, call me to book your free initial session and lets continue plotting your path to that incredible future!*

### \*\*\*\*\*Learn about Reiki in its original Japanese form\*\*\*\*\*

1st level 6th & 7th May 2011

2nd level 8th May 2011

Where: Paradise Clinic, Kemnay, near Aberdeen

*Jikiden Reiki is a simple & effective energy healing practice from Japan. Anyone can learn how to use Reiki for physical & psychological conditions.*

*To book contact [Gisela.Stewart@btinternet.com](mailto:Gisela.Stewart@btinternet.com) or call 01896 870781*

[www.jikidenreikiscotland.co.uk](http://www.jikidenreikiscotland.co.uk)

**This was promoted by Susan a recent graduate of this style of Reiki, Susan is looking to gain experience through practice since qualifying and so is offering 5 FREE 50 min sessions, if you are interested please email us and we will forward your details on to her.**

<http://www.momlifetoday.com/author/laura/> - more reflection



AbstrACT  
Coaching

April 2011



### \*\*\*\*Monday\*\*\*\* Motivation

9th May 2011

Positive Emotion, your self-state & self-belief

16th May 2011

Jill Webster will talk to us:  
Maintaining your inner balance

23rd May

Theresa will share:

*The Mastery Club— the book, schools, guardians, the club, Liliane Grace & her plans*

30th May

Experiencing & creating Breakthroughs

6th June

**Mark back by popular demand, if you missed his first talk you don't want to miss this one, that's a promise. [Details to follow](#)**

Where: Gallery i, Inverurie

Time: 10am—11am

Cost: £3.50 incl a coffee



Let's Light you up!  
In happiness  
Theresa