

With Compliments from Ananda Mahony.



My contribution to this wonderful ebook begins on page 24, I hope you enjoy reading it as much as I did preparing it for you!

Your Year to *Shine* 2009

**101+ Tips and Over \$1000 Worth of
Free Gifts from 15 Leading Business
and Personal Development Experts.**





Your Year to Shine 2009

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Introduction

Welcome to this special book, which you've received as a gift to help you end the year on a high note and plan for a fantastic 2009.

When we conceived this project, we were concerned about the constant unrelenting negativity in the media about the financial crisis. Which means that negativity is being taken into your workplaces, it's being discussed around the watercooler, in the cafes, and around family tables.

That's not to say the current world economic situation isn't changing and rearranging, and that it isn't causing some pain, because clearly it is.

And even if everything around you is falling into chaos, there is still *something* around you that will be working. And if your only source of information is the media, you may well be on your way to losing the ability to see what *is* working in your life.

So this book is designed to help you keep or build that ability to instead focus on the enormous chunks of life that the media *doesn't* rely on for its news fodder.

We begin with, psychologist and healer Christine McMaster reflecting on how to bring the highest energies into your life in 2009, and she gives you great tips to achieve it!

Our Law of Attraction specialist coach Roechelle Williams will help you shift your mind set. Abundance Specialist and Vedic Astrologer Yildiz Sethi discusses karma, emotions, and success. Two specialists in the area of organics and natural products, Ananda Mahony and Dana Steddy will help you keep the everyday taken-for-granted toxins out of your life to improve your and your family's health. Speaking of health, our integrative medicine GP Dzung Price gives fantastic tips to help you not only maintain your health in 2009, but to get younger!

Next we look at your habits particularly smoking, and, yes, we have an expert, Patrick Roberts who knows from personal experience how hard it can be to kick this habit!

Money causes more headaches than anything else, and generates more fear than anything else! We've got great information from two financial experts, Roger Morrison and Zoe Staddon, who're telling a different version of the 60-second money stories in the media, information that we hope will help you feel more balanced and empowered

around the ‘crisis’. If it’s difficult to release the fear, we’ve got a specially-written script by EFT expert Sandy Kumskov to help you move through that in super fast time.

Now that we’ve looked at keeping your mindset, your health and your money in good shape, it’s time to turn to how you earn your money. We begin with business coach Malissa Isted, who helps you take a look at how you spend your time and help you become more productive so you can move your business to the next level! One thing everyone needs to move their lives and careers up a notch is leadership ability; Mia Munro gives some great tips on how to improve yours. To help you take your business to new markets, Barnaby De Palma tells you how you can create success online using the best of the new media strategies. And finally, Feng Shui Master Cheryl Byrne has some predictions for 2009, the Year of the Earth Ox.

On top of all that, every one of our experts is offering you an incredible range of FREE bonuses valued at over \$1000! So read on, and get ready to make 2009 your shiniest most successful year – so far!

Warm wishes

Sandy Kumskov, who edited this year’s offering.

www.sandykumskov.com.

Creating 2009 With Love

By Christine McMaster, Healing Practitioner and Psychologist.

We all know that we are responsible for creating our lives. This understanding is one of the basic tenets of the new spirituality. How often have we told that same thing to ourselves, our family and friends, our clients? 'Of course I'm responsible for myself. I know that.' Yes, of course we create our lives! Derr!

Many terms referring to this self-responsibility have crept into our vocabulary over the past few years. 'Co-creator', 'partner in creation', 'self-responsible'... all demonstrate the relatively new paradigm which acknowledges our part in creating our lives, our responsibility for what happens to us. These are terms which allow us to express the belief that what shows up in our lives is of our own creation.

Responsibility is Not Blame

As an aside, I need to state very clearly here that responsibility is not blame. If someone is responsible for what has shown up, that does not mean they should be criticised or blamed for anything that appears to be less-than-perfect. Being responsible for oneself means claiming all that is occurring. It means reclaiming power in every area of our own lives. It doesn't mean putting a value judgement on what appears. Nor does it mean being at fault or carrying guilt for what shows up.

Sometimes the part of us that is doing the creating is not the conscious 'Shall I wear the blue shirt or the green one today?' part. Rather, it's the aspect of our self that has the larger view of our lives, which sees this life in the context of the bigger Self, the other dimensions of our Universe, the grand vista of who we are.

After all, if we could consciously choose to be smart, happy, healthy, rich, beautiful and with the perfect partner, we'd all be choosing that pretty quickly, wouldn't we!

We are here in this lifetime to experience everything, to know ourselves as part of *All That Is*. And of course *All That Is* includes aspects of life that appear to be undesirable. *All That Is* includes illness, war, and poverty. It includes self-interest, brutality and base motives as well as integrity, honesty and love. We have created what we have created, and that's all that has happened.



Recognising that we have created what shows up is a powerful way to live. It gives us the opportunity to create again when we are unhappy with our outcomes.

Challenges Occur

Yet even if we know that we are responsible for everything that occurs in our lives, we can still be caught out by situations that challenge us. Sometimes we can still have a lack of power about some aspect in our lives. We can find ourselves resentful, angry, frustrated, stuck, resigned or even hopeless about recurring situations that just don't seem to change.

In some cases, no matter what thoughts we create, what positive aspects we focus on, what affirmations we work with, the old stuckness seems to pervade and continue. I'm sure we can all think of matters like this in our lives; these are the situations that leave us feeling out of sorts, out of the flow, lacking in power.

It's at this point that we begin to doubt that we've created the situation at all. When I've done all the positive thinking, all the focussing on what I want; when I've cleared out many negative thoughts and used affirmations in their place, and the situation remains unchanged, the doubts arise.

Is this really of my own making? Is there really a way of changing it? Am I doomed to face this recurring situation until I die? When they put me in a big box and stick me in the ground will this problem, this negative situation, still be dogging me?

If I am really responsible for this situation, how can I make a difference to it right now?

Bringing Healing to the Incomplete

Love is the answer! And love is all that is required. Now before you begin to groan at the triteness of this statement, bear with me. At some level of your being you'll know this intimately. I'm just reminding you of what you know.

Love is all that is required. Love is the solution, reliably so, time after time. It is love that makes the difference. Just love, but let's remove the 'just' because love is no mere *thing*. Love is the grand, unifying, healing aspect of the universe.

A problem can only arise in our lives if there's something unhealed, some unfinished matter to which we have not yet brought the healing influence of love. Nothing can appear without us having energetic 'hooks' out for that condition.

It's as if there's Velcro all over us, but Velcro for specific situations. So if someone has 'people are difficult' Velcro on themselves, what will show up? Unco-operative neighbours, difficult colleagues.

The person who has unfinished business with dependence, their own or someone else's, will have just the right person respond with alcohol issues. Bullying at work? There are probably unfinished power issues in the 'victim's' life. For the person who has 'I'm not worthy' energetic hooks out, situations of being ignored, not taken seriously, being passed over or poorly treated will arise. Whatever we have not brought under the healing power of love will bring conditions that challenge us.

I can hear an older friend who brings great wisdom to my life saying in her beautiful, soft accent "There's no-one out there." Of course she doesn't mean, literally, that there is no-one outside our own lives. Rather, she's saying that we are each responsible for everything that occurs around ourselves. All that is 'out there' is a reflection of what we have created and continue to create. Everything 'out there' is a result of who we are 'in here'.

The universe is a giant intention-fulfilling machine. Everything that occurs in life is a reflection of our selves. Everything. No exceptions! And usually we are OK with this. But it's the unfinished, unhealed and unreconciled in us that bring the difficult situations to us. Yet sometimes, even though we intend to be responsible for the situation, we just can't see the source of the incompleteness. This leaves us feeling confused and powerless.

The Gift

And it's here we find the gift of the unresolved. When we claim everything that occurs as our own personal creation, without question and without argument, then we can be responsible for it all. If it's in my life, I created it. Recognising this and working from this basis makes life quite simple.

What does this have to do with the statement that love is the answer? Everything. If I created it, I can heal it. I am totally responsible for what has shown up. If something has shown up requiring healing, I can heal myself and therefore heal all around me. By going inside myself and bringing love to the parts of myself that are unhealed, I can cause healing to occur inside myself and all around me.

When I bring the vibration of love to places in my life and parts of myself that lack love, I bring love to all that is 'outside me' in my life as well.

Of course, sometimes there are situations for which I just cannot find love. At times I cannot find a spot of quietness in my heart that allows love to flourish. In this case, just saying the word 'love' over and over is enough. Repeating the word 'love' brings the vibration of love to the situation, despite the troubled mind or heart.

The vibration of love is so powerful that it triumphs over the anxieties and discords of everyday life. Using the word 'love' is powerful enough to bring the intent and resonance of love. And healing follows.

So, what's a wonderful way to create your 2009?

Love.

That's it. Just love.

Give love to all that shows up in your life. Give love and gratitude to the good things and to the difficulties as well. So simple. So pure. So profound. Really, life doesn't get easier than that.

Enjoy creating your wonderful 2009 with love.



Christine McMaster is a psychologist and Reconnective Healing practitioner. She offers you the opportunity to tune in to your own wisdom to bring healing to your life.

By trusting that you have your own answers, you can find a space of healing and love within yourself. This place becomes a very special source of your life.

**Contact Christine through
www.christinemcmaster.com.**

Be, Do & Have everything you ever dreamed!

By Roechelle Williams

Go into 2009 expecting different results....give your self permission to create the things in your life that you have always wanted, keep dreaming big and don't sell yourself short.

Here are 10 steps to getting more of what you want in your life

Get Clear

Well if you want something then you need to know *exactly* what it is. Give yourself the permission to take personal time to define it. We often get caught up in our day to day life that we forget to stop and think about where we want to go. Whether you believe it or not, we create our own life, we attract in what we think about most through a law of the universe "the law of attraction" so get the details of it really clear, find the emotion and passion and use it to your advantage.

Make it Real

Spend time writing down **a list of what you want**, get a magazine and **cut out pictures of what you want**, pin or glue them onto a poster or book.....THINK BIG....you can have anything without limitation!! Make them part of your every day, think about them, day dream about them, find similar success stories. Spend 15 min per day (preferably at the start) focusing on all the things that you want, feel the feelings of having them and how happy you will be take this into your day with the great feeling attached and keep thinking about it.

Get Present

Make it your favourite subject. Replace your conversation about the dreary news that you see on television to the talking about things you want.....watch out for the "dream crushers" there are people out there that will want to Poo Poo your ideas....lucky it is not up to them so just move on and keep your creative wants. Eliminate words like DON'T, NOT and NO, start talking about what you DO want, what you CAN have and how you can have it!!!

To allow all of these great things into your life you need to “Believe it” , “EXPECT it” and know that you deserve it...yes this can be challenging at times however it is the key to keep focused with a great feeling of what it is you want.

So why all the talk of focusing on the things you want- is there method to this? Yes; it affects your motivation – when you are moving towards things you want, focusing on things you want, talking to people about the things you want.....you are creating them. You are writing a list to the creator and they are making them ready for you. Then all you need to do is move towards them. A great indicator of this is if you are feeling good you are moving towards. If you are feeling bad you are a long way away.....

Feel Good!

So you need to feel good!! Yes that is it....if something you do makes you smile, laugh or just a warm fuzzy feeling inside you are on the right track. If you are not feeling great you don't need to switch a button overnight but if you move up the emotional scale in any degree you are on the right track..... Emotions are quite easy to change when you get in the habit...here are some handy tips that I use.

Do everything that makes you happy – Write a list or collect pictures of 50 things that make you happy – yes this can be a lengthy task but when you get on a roll you will love itsome of my favourites:

Laughing so hard no sound comes out

Warm fresh towels out of the dryer

Road trips with friends

A bubble bath with a glass of wine

The next part is easy.... include one or more every day!!! (I laminated mine and keep it close by my desk)

It's Up To You!

I think that one of the most important messages that I can give in this e-book is that you are the creator of your destiny so take control and drive it where you want it to go. Responsibility is a big word that is thrown around quite a bit and the easiest way that I can explain it is with a statement “**if it is to be it is up to ME!**”



We all have our little stories that we carry around to justify to all “WHY we have not currently got what we want”or even worse the next stage “Why we don’t even want it any more”!!

You Are Not Your Story

I’m too OLD.... I don’t like it anymore.... not educated enough...I’m not good enough!!... I’m over that. I could go on forever but the last thing that you need is a helping hand to make these up, we get so good at it. Just become aware of them - identify your stories **justifying** why you haven’t done what you really want and sold yourself short and then change them, address them and take action. A problem well stated is a problem half solved....so you can start to look for a solution, question the validity of your story or just choose to no longer use it and replace it with something that is much more empowering.

It’s Not My Fault

The other thing we come up with are the reasons that we have not got what we want due to external factors...*we blame every one else*. The biggest problem with that is when we give the reason for our problem to someone or something else. It so out of our control and we can’t do anything about it....we become the VICTIM of your reality.....BLLLLLLEEEWWWW Yuck!!! Who wants to have no control in getting the results that they want in life.... You need to take back control and start to take responsibility and find your way out and get what you want!!

What You Can Do!

We are very resourceful when we put our minds to it. When we take responsibility and start asking powerful questions the mind can’t help but answer.... Just ask a question in your mind now and test it – the clarity of our questions get the answers that help us move forward, gather resources find the answers to get us what we want. Look at the differences in these questions.

Why does this keep happening to me? What can I do to change what is happening to me?

Why do I always forget things? **How can I remember this for next time?**

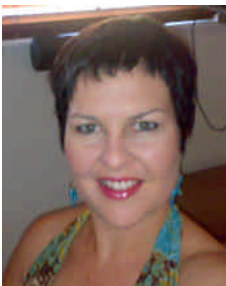
Why do I always for that? Do I want to keep doing this?

As you have done by reading this, always keep growing every day, learn something that you didn't know, ask questions to find out things about others and yourself that you may never have known and really appreciate the infinite ability that you have to Be Do and Have EVERYthing that you want!

While doing all this also keep an appreciation for what you currently have and where you currently are. We are all on our own little journey and every step of the way is lessons to get us where we are going. There is no time like the present so embrace it. Appreciation is one of the many feelings that make us feel good and we want to include in our every day. A great way to really acknowledge all that we are grateful for is a journal that you write in to say thanks and note all the things that you LOVE.

Look after you!! This is the best way that you can truly show yourself how grateful you are. Self worth and looking after your body, mind and heart shows a sense of respect and love that you have for what you have.

There are lots of great ways that you can do this....Meditate, have a facial, a massage, exercise, great food and just time out to nurture yourself..... that is what my business at Sowelu does best...let us nurture you!



Roechelle Williams is the Director of Sowelu – a naturally different Health, Beauty and Fitness centre in the heart of Paddington Brisbane. She has a passion for life and everything that it has to offer. Through business she has found a way to bring people together to make a difference through education, services & treatment in a nurturing and supportive environment to get results. Leading by example her happiness and energy inspire others to be everything that they can be.

www.sowelu.com.au

Stepping into Your Abundance

By Yildiz Sethi, Counsellor and Trainer

Imagine this:

You are in a beautiful place, full of Well Being and brimming with love and vibrant energy. Moving through your emotions easily and swiftly, yet not stuck or attached to any feeling, but able to witness them easily both as a first hand experience and also as a bystander at the same time. You are also fully aware of colour, sound and many other senses. You are at peace, nurtured in the cradle of the universe, resting between lives.

In this state you can easily see the many lives you have experienced, noting their high and also more challenging points. You can see the development of your soul on its journey. The things that your human spirit did not deal well with, or still hasn't really understood properly and other experiences you did understand that are deeply etched on your inner 'knowing' and growing wisdom.

In this place you ponder what it is you next desire to experience in the earthly realm on your next incarnation. In this state you have no concern with pain of any kind, physical, emotional or mental, so this is not a consideration in your decision of what you will experience in the next life.

The soul knows that each life is just a drop in the ocean of creative universal Oneness and that the soul lives on regardless, in one form or another. There is no fear, only love, joy and a creative playfulness.

Now the time is ready to join the land of the physical on planet earth. You already know who you have assigned yourself to, in terms of your parents, family, culture. You wait until the planets are in exactly the correct position in the universe to give you the physical body, mental outlook, emotional framework and physical events that will unfold at the correct moments of physical time, to give you the experiences necessary for further opportunities of spirit growth and wisdom.

You lie in the womb, feeling the heartbeat of your mother until eventually, an urgent pulsating pressure of squeezing and pushing, pushes you out into life. You come out into the light, gasping and screaming into the arms of strangers. There are cries of joy and delight as they look at you and see to your needs.



Soon you are clasped in the arms of someone whose heartbeat and smell are familiar to you and you find that you are sucking with gusto to receive the nectar that will give you what you need to survive the first day of your new life on earth. Knowledge of your spiritual existence has already been lost behind a veil of mist called Maya, as you start your new adventure.

Your life is already set out in front of you, but you also have free will, in how you respond to each event or person and you can freely create new avenues and a fuller You along the way.

The position of the planets around you at the moment of your birth is your Karmic imprint, your Vedic (Ancient Indian astrology) birth chart. You have already created Karma by your previous actions in former lives.

It is already set into motion to come to you at the allotted times and your soul has already agreed to these experiences. However, how you respond is still your choice and in that you can change your karmic imprint NOW.

By responding well and clearing and resolving all negative emotions or beliefs through the journey of life and the people and events in it, you can reconnect to Love and Abundance and Well-Being whenever you are ready.

How do you know if you are travelling well in this life Spiritually?

If you:

Feel good about yourself and accept yourself and have good relationships and are able to manifest the life you want, then you are already a highly developed being. Enjoy.

Emotions and Beliefs

By negative emotions, I mean frozen emotions that form the Buttons that people or situations 'push' at regular intervals that bring up anger, rage, defensiveness or feelings of helplessness or disconnection. Healthy anger that helps you define your boundaries, assert yourself clearly and calmly, or sadness that comes up during times of loss or disappointment and diffuse relatively quickly once expressed, are fine.

Emotions are the language of the Soul and are meant to flow and be expressed freely.

By negative beliefs, I mean those that limit and hold you back from standing in your greatness. Such as:

1. There is always one right and perfect solution to my problem and it is dreadful if I can't find it.
2. I should be upset by other people's problems and difficulties.
3. My problems are caused by what happened to me in the past which is why I can't move forward.
4. I must be completely competent, make no mistakes and achieve in every possible way if I am to be worthwhile.
5. It is dreadful, nearly the end of the world, if things are not the way would like them to be.

These beliefs are often printed deeply into your unconscious as well as your conscious mind, in addition they may also be part of your ancestral energies.

Until unhealthy beliefs or emotions are resolved they will continue to sabotage you in Relationships, Success or Health.

How many of us are really in touch with our Soul's Life Purpose? Until this is clear we may be chasing other people's dreams rather than our own and wandering why we are not complete or successful or passionate about life.

If you would like to know more about your Karmic Cycles and what to do about them, or would like to read more, there are a series of **Free** articles I would recommend to you and 'Responsibility and Karma' is probably a good starting point, these can be located on the site map of www.vedicastrology.net.au.

I also offer classes and correspondence courses for those who want to learn Vedic Astrology.

If you would like help in resolving blockages to Love, Success or Well Being I am a fully qualified therapist, Counsellor, Hypnotherapist and NLP practitioner and Internationally recognised Family Constellations practitioner-(this is nothing to do with astrology). With all of these services, I can help you get your life on track- Quickly. I

can help you to resolve negative emotions, limiting beliefs, relationship issues and clear difficult generational energies to assist you in stepping into your Light.

To see my full range of services or have a Free copy of the *Secret of the Secret* look on www.abundanceclinic.com.au

For Personal Development sessions or seminars using Family Constellations, connecting with ancestral energies to connect with Love and to heal relationships and clear blockages to success see www.familyconstellations.com.au

Special My Gift to you is 20% off one session of any of my services over December - January 2009 if you contact me and say the words **Systemic Wisdom Star discount.**



Yildiz Sethi is a Vedic astrologer and Internationally recognised Family Constellations practitioner, Counsellor and Hypnotherapist, who has put all of her services together into her own Brief methodology called Systemic Wisdom at the Abundance Clinic.

She specializes in helping you to look at your karmic cycles and helping you to flow with them for your highest good.

She is a specialist in clearing blockages to Love, Success and Well-Being and offers private sessions and seminars to help you create the life you want.



2009 – How Can You Make it a Healthier, Environmentally Safer Year?

By Dana Steddy, CEO

Easy, let me tell you how you can start making small changes to have a better, healthier life and environment.....

...but first, before I give you a few hints to how easy it is to change to a healthier lifestyle, I want to tell you a few dirty little secrets that the big fat Chemical companies don't want you to know..

TIP #1

The First one is SLS – Sodium Lauryl Sulphate

Its in most of the foaming products for example: shampoo, soap, foaming face cleaners, body washes, bubble bath, laundry detergent, toothpaste, household cleaners, dishwashing liquid....

It makes products foam up so you believe they are working, just imagine a shampoo that doesn't foam – would you think that its cleaning?

You see, we have been conditioned to believe that products have to have a fragrance and foam to clean. If you cant smell a fragrance when you are cleaning, do you think its clean?

The answer is YES!

It started in the 50's after the war, it was a chemical war and they happen to have a lot of excess chemicals, like bleach.

So what did they do?....Some very clever marketing and developed cleaning products that contain toxic ingredients like bleach and ammonia.

They had all the housewives conditioned that if you didn't splash bleach over everything, it would be crawling with nasty germs.

...and they also led them to believe that if you didn't smell the strong artificial perfume added to the products (probably to mask the nasty toxic smells), it wasn't clean!



If you believe this its ok, look... its not your fault and its time someone told you the TRUTH!

SLS is an eye and skin irritant! It is one of the major causes of allergies and eczema and if you suffer from one of them, the first thing you need to cut out.

Let me tell you something that the chemical companies DON'T WANT YOU TO KNOW!

Some companies hid SLS under different names like "High alkyl sulfate" or "Surfactant" , they can still claim to be environmentally safe because SLS does break down but takes longer than other "safer" surfactants.

Watch out for the "Natural" products too....

Tip # 2

Just because a product is made from natural ingredients, doesn't mean it *is* natural!

This confuses people as you would think Natural = Natural ingredients. I have seen this done with Organic too, Organic = Natural, Organic, Pure ingredients.....NOT TRUE

I will explain the difference between Natural, Organic and Certified Organic ...

Natural – When a product contains some natural ingredients like essences, oils, herbs, extracts etc. They may also contain other things like cocamidopropyl betaine (surfactant), Sodium hydroxymethylglycinate (preservative), linalool (fragrance) etc.

They claim to have no Petrochemicals, no animal testing, no harsh/toxic chemicals and this is true but I have also seen Natural labeled products that have all-synthetic ingredients except some essential oils at the bottom of the ingredient list. When looking at the ingredient list on any product, the ingredient at the top is the biggest % and the last ingredient is the least % in the product.

Natural product - From Wikipedia, the free encyclopedia

A natural product is a chemical compound or substance produced by a living organism - found in nature that usually has a pharmacological or biological activity for use in pharmaceutical drug discovery and drug design.

Just be aware that because it's labeled as Natural, doesn't mean it is.

Organic – This is a tricky one. Some products are labeled “organic” but only contain one or two organic ingredients.

Organic should mean ‘Certified Organic’, ingredients that have passed the stringent certification processes.

There is no real control over this Organic label and a manufacturer can use one Certified Organic ingredient and then claim the whole product to be Organic.

It’s very misleading so you need to be aware of what you are reading and using!

I have also seen little ‘false organic’ icons on product to make it look like they are a certified organic product – they are not! If the ingredient list has other ingredients other than the words “certified organic”, it means they are NOT certified.

Certified Organic - Now this is the real one and the best.

You will know as every ingredient will have Certified Organic written on it and you will see a ACO, NASAA or IFOAM symbol on the product.

Some products will tell you they are 80 or 90% certified organic and that is because one or more of the ingredients can not be certified, like clay for example (used in face masks)

How Can This Help You?



I am being very picky here but realistically I look at products like a ladder– the products at the bottom of the ladder are supermarket brands that contain all artificial/synthetic/toxic chemicals and the products at the top contain Certified Organic ingredients.

If you are buying the products that at the bottom of that ladder, start looking at ingredients and make other choices. We can all start working our way slowly up the ladder. It doesn’t matter if you never get to the top, as long as you are not at the bottom ☺

Certified Organic - From Wikipedia, the free encyclopedia

Organic certification is a certification process for producers of organic food and other organic agricultural products. In general, any business directly involved in food production can be certified, including seed suppliers, farmers, food processors, retailers and restaurants. Product certification or product qualification is the process of certifying that a certain product has passed performance and quality assurance tests or qualification requirements stipulated in regulations such as a building code and nationally accredited test standards, or that it complies with a set of regulations governing quality and minimum performance requirements.

So how do you start moving up?

Start reading the labels!

Get yourself familiar with what is in certain products. A great little shopping guide is called “The Chemical Maze”. This guide will tell you what is good and what is not in both products and food.

Start becoming aware and read information. If we all boycotted a company because their product contained a banned or highly toxic ingredient, the manufacturer would have to listen and change. (It was done with food preservative 282 in bread.)

So how can I help you make your 2009 a Healthier and Environmentally safe year? Sign up to my free report and I will show you...

What Toxic Ingredients Are in The Products You Use Everyday?

I will reveal other secrets that Chemical companies like to keep a secret!

Sign up to my FREE REPORT by clicking the link below

www.laundryball.com.au

Sign up and you will also get the Toxic Ingredient List that will show you what Nasty ingredients to AVOID!



Embrace your Feminine Intelligence

By Annie Meredith, Author and Teacher

Women Soothe and Heal by Nature

Healing takes place when we resolve not only symptoms, minor or major, but when we address the imbalance that is the underlying root cause. Natural Medicine recognizes that blocked and repressed emotions and negative attitudes lying deeply buried in the psyche are a powerful primary cause of the disease process.

Throughout history healing has been within the domain of the feminine principle and involves the feminine attributes of healing energy exchange through caring, sharing, touching, empathising and love. This approach can reveal, unwind and release deep wounds on the psyche that have translated into a physical disease process. Don't get me wrong. I am not simply saying that only females have the capacity to promote healing. There are many men who have highly developed female sides who are very adept in triggering healing also. But the mainstream medical model is so deeply rooted in the masculine principle that it does not allow that the softer feminine approach of energy exchange can have real and lasting healing benefits on the body-mind. In truth, this is where real healing, on all levels of being takes place all the way through from annoying symptoms to chronic disease.

Natural Medicine is where Ancient Wisdom meets New Science

Over time there has been a massive download of information that has evolved our consciousness and understanding of the functioning of the human body-mind. The energy matrix underlying the human physical system has been understood by the ancients for thousands of years and applied in the practice of acupuncture. Modern mainstream medicine does not recognize energy meridians because they cannot be seen by the naked eye. But they can be felt and experienced, and the effects of rebalancing the meridians has brought relief from symptoms and a sense of well-being for many people over thousands of years. With the recent revival of this Natural Medicine modality many people today are still reaping the glowing effects. Recently, it was reported that research reveals women who are undergoing IVF assisted reproduction technology are experiencing a 60% increase in success rate when the technique is accompanied by acupuncture treatments.

Natural medicine has drawn on the ancient wisdom that understood the underlying energetic matrix of the human system and combined it with newest scientific knowledge that informs our understanding and offers nutritional products, dietary regimes, exercise programs and natural strategies to treat conditions of sub-clinical and clinical disease. It factors into treatment times the crucial component of *active listening* – people feel that at last they are being heard. This supports healing.

True Preventative Medicine

In fact, natural medicine, if employed on a wider scale could save the government millions of dollars annually, because it works on the preventative principle which, quite simply put, is that it maintains the body in a state of wellness so that it does not decline into a state of chronic disease. Physically well people are more balanced emotionally and mentally and healthy women give birth to healthy babies.

Women's Medicine

The range of symptoms that might come under the heading of women's medicine can include pre-menstrual syndrome, endometriosis, infertility, persistent miscarriages, hormonal depression, peri-menopause and menopausal symptoms, tiredness, lack of libido etc. But it also manages and treats emotional concerns such as persistent sadness, feelings of low self-esteem, lack of confidence, fear of success, relationship trauma; emotional states which often accompany the above physical symptoms. This is because a natural medicine approach treats the *whole person*, body, mind and spirit, in the knowledge that there is no physical symptom that is free of an emotional and attitudinal component.

As women we can own our own bodily processes when we take back control of our health. Conception *can* occur naturally even in the face of years of unsuccessful trying. Women *can* take control of their own fertility by getting to know how their body operates and working naturally in sync with it. Your body might need some nutritional assistance to assist it to return to peak condition and that may take time however. You may not have the skills to evaluate what you need to assist your body's own healing process, but through net-working, attending a female practitioner who will assist you in an empathetic way, arming yourself with all the information that is available today and by trusting in your own intuitive whisperings you can start the journey back to the powerful woman you were designed to be.

By Becoming Healthy as Women We Honour our Men

When we embark on this journey, we honour our men-folk. We stand as their equals, not trying to be like them or to outsmart them, or giving them all our power, but by gifting them with the full blossoming of the feminine essence, and enjoying, for our part, the uniqueness of maleness that they can offer us as their gift. In this way females and males truly find the balance that nature intended for us and we complete the whole by each being *fully* one of the parts. Men are hard-wired to like women who are sexy, playful and caring. Is that you right now or are you too burdened to lighten-up?

10 Tips for a Woman to Enjoy Being the Wonderful Woman in 2009

- Become aware of any physical symptoms that are impacting on you in your daily life. Put some time aside to inform yourself of some of the possible causes. If you need to, have some blood tests with a doctor and then book in to see a natural health practitioner to assist you in managing the symptom/s.
- Check out your stress levels by honestly evaluating your level of activity. Stress can be a root cause or a starting point for the decline into disease. If you are continually active and never take time during the day to stop and put your feet up, make a New Years resolution to put aside at least 10 minutes of *complete relaxation* each day.
- Do your body a favour and do a detox. You may need to get guidelines from a natural health practitioner. Don't be put off by thinking that it is too hard – it isn't. You will feel so squeaky clean and pleased with yourself when you suddenly find you have plenty of available energy and no old familiar aches and pains. Drink more water. It's good for you.
- Make a conscious choice to enjoy more sex in 2009. It is so good for the body – it rejuvenates and lubricates and fills us full of feely-good hormones. If you don't *feel* like it most of the time do yourself a favor and consciously slot in more relaxation time with your partner. Research tells us that when women are stressed, the hormones that turn us on to enjoying and wanting sex are damped down. What a shame! I say relax more – and have more sex. It has a multitude of benefits for *you!!!* Men on the other hand often experience relief from stress through sex and that turns them on. It is a wonder really, that sex ever happens in this stressed world! Read more about the enlightening new research about men, women and sex that will 'take the kinks out of your sex life and put the kick back into it!' on my blog page at my website www.essenceofwoman.com



- Put yourself into the equation. Women are so ready to put the other person – partner, children, friends – first that they often end up with the scraps. Remember that *you are the centre of your own universe*. You won't be abandoned if you start to have some of your needs met too. We teach others how to treat us. Start teaching your loved ones that you are just as important as they are. They will quickly get the picture if you insist firmly and lovingly that you have the same rights to respect and acknowledgment as they do.
- Listen to your feelings. They are your inner barometer to let you know that something is awry or that all is well. If your heart sings, do it. If your heart sinks, don't do it. This is your inbuilt feminine intelligence speaking.
- Learn to stand your ground. When things are changing around you that you don't like, go into your inner space and reaffirm your own value. Check that you are on track with your feelings about what you are doing and then courageously declare your intention to proceed as you see fit. The world will then start to accommodate you, instead of you doing all the flexing to fit others needs.
- Become aware of your self-talk. Does your mind-chatter consist of thoughts that put yourself down or self-annihilate? Start to cultivate the 'observer within' – that part of you that watches your self-deprecating talk. Imagine your mind as a garden. Have the observer pull out the negative self-thoughts like weeds, and replace them with flowers that you cultivate and water. These flowers can be in the form of positive self-statements such as affirmations. You will get better with practice. Keep practising. Take flower essences – they powerfully assist with this process of controlling your own negative thoughts. Your natural health practitioner can supply you with these. They are inexpensive and priceless jewels on your journey towards optimum health and well-being
- Become aware of any toxic thoughts you have about another person or persons in your life. You need to understand that toxic thoughts act like a boomerang. They do most harm to the person who is having them. They generate toxicity on the physical level and the body becomes diseased when it is swimming in a cess-pool of toxic material. Make a resolution to weed these poisons out too, as you did with your negative self-thoughts. If you can't think of a positive replacement thought about the other person change the environment of your mind in the moment by thinking of something else. Forgiveness will come one day when you are ready. Just don't indulge in the venom for now.
- Make contact with at least 10 woman friends you currently know or have known in the past, that you feel comfortable with and start creating or re-creating your woman network. Women stand together in loving support. A true woman will never betray

you. If a woman 'friend' does do so move on from her as she has not discovered her true self yet and you are on your way.

Hope you enjoyed my contribution. You can read about all of this and more when you purchase my book *The Essence of Woman* at Sowelu Centre (83 Latrobe Tce Paddington 4064 ph. 3367 1950) or online through my exciting website www.essenceofwoman.com. You can also join my regular newsletter. It's loaded with juicy bits for assisting women enrich their lives by harnessing and using their feminine intelligence.

Would you like to know more about the Real Polar Shift that is taking place right now as we speak? This involves a dramatic shift from the old 'patriarchal' values that have dominated Western society over the past 500 years to a softer more feminine set of values, desperately needed if we are to respond positively to the rapid changes that are impacting every level of society today. Read about how climate change, the current economic crisis and the call for a return to a simpler life-style are all part of a dramatic shift that is taking place in world consciousness. This shift involves women coming into their power and owning their biological design. If you join my newsletter I will offer you a FREE download of this most exciting and enlightening article.

To access the download you will need to use the code EoWS when you are signing up for the newsletter. You will then receive an email giving you a link that will provide the download.

Or you might like to start your self-empowerment journey with my CD 'Essence of Woman Meditations' as a well-deserved Christmas gift to yourself. Buy it through my website or at Sowelu Centre.

May 2009 be all that you wish it to be. Enjoy being the wonderful woman that you are.



As a lecturer at the Australian College of Natural Medicine since 1983, Annie Meredith is well acknowledged as an inspiration in the understanding of the new Body-Mind paradigm. She taught Australian Bush Flower Essence workshops both nationally and internationally for 12 years.

She has finally released her long-awaited book *The Essence of Woman*, in which she has drawn on her extensive clinical practice to assist women to get in touch with their feminine intelligence, accessing the inherent strength and power inscribed into their biological design.

To find out more, visit www.anniemeredith.com.

Get the absolute best from your skin care now... and from this point forward!

By Ananda Mahony, ND

As I flip through the latest women's magazine I see numerous skin care advertisements all promoting the latest in anti-aging, miracle in a jar products that will make you look 12 years younger in 2 weeks (yes that is actually one claim!).

We are marketed to, given hope in a jar and promised miracle results. Sometimes skin care miracles occur. More often than not we put another jar in the bathroom cupboard and watch it gather dust. I think it is time that we, women in particular but also men become empowered when it comes to the skin care we use. It is time to stop following trends and find out what our skin really needs.

So how do you see through the hype and work out what is the best skin care for you. First and most important is to work out what you really want from your skin care. Set some "skin care goals". Goal setting is an interesting idea in relation to skin care and to establish what I really want I ask myself these three key questions:

1. Does my skin look like I want it to right now? If not, how do I want my skin to look?
2. Are there any skin issues I would like to resolve?
3. How do I want my skin to look in 12 months time

Of course the obvious answer is "fantastic" or "I want to look the same in 5 years time as I do now" or "I want my skin to be completely clear with no blemishes". These well may be realistic goals or they might need some refining. Write your skin care goals down. Ask yourself, how important is it to me to meet these goals?

One example I can think of is a 45 year old skin care client that said, "I want my skin to be more hydrated. I don't want to look 21 anymore but I want to look really good for my age".

I have outlined over the page some areas you may want to consider when coming up with your own goals:



<p>Anti-Aging – anti-aging skin care is the biggest category in the cosmetic market. While some products and active ingredients do actually help with slow the aging process, many that claim to don't.</p> <p>When buying anti-aging products I recommend choosing products with ingredients that have been tried and tested such as Vitamin C (magnesium ascorbyl palmitate), green tea, zinc oxide (for sun protection), retinal palmitate (vitamin A), alpha lipoic acid and DMAE.</p> <p>All of these have established effects on aging...and they are also all natural ingredients. If you want to read more about specific anti-aging ingredients and supporting research please visit my website, www.vitalenatural.com.au.</p>	<p>Natural Skin Care – a rapidly growing sector within the cosmetic industry, natural skin care is a viable alternative to synthetic and petrochemical based products.</p> <p>Ranging from aromatherapy, to nutrient based, organic and cosmeceutical treatment based natural skin care, you can get the same if not superior performance from natural ranges when compared to standard skin care ranges.</p> <p>Be cautious of “green washing” and read labels - this applies to both natural and conventional skin care alike. For more on “green washing” click here.</p>
<p>Problem Skin – skin can be too dry, too oily, acne prone, red, sensitive, dehydrated, congested and more.</p> <p>These issues need to be addressed to re-establish your normal skin health. If left, they can lead to you thinking you have “bad” skin when in fact, it may just be relatively simple to manage.</p>	<p>Priorities –While it is important to “multi-task” with skin care (ie have a moisturiser that includes as sunscreen thereby having a dual effect) I have found that to achieve real results, treat the most acute or immediate issue first and then concentrate on longer term issues.</p>
<p>Daily Routine – some people have a basic skin care routine consisting of a cleanser, toner and moisturiser whereas others have daily or weekly routines that include masks, eye creams and treatment products.</p> <p>I don't recommend falling into the trap of buying products that you just won't use. Establish what you are prepared to do to support your skin health and know that this is what works for you.</p>	<p>Sun Protection – as we age the effect of the sun is the most significant factor in overall skin health. Let's be real, we need exposure to sunlight for vitamin D levels, our mental health and for plain enjoyment of the outdoors.</p> <p>However, excessive sun exposure such as tanning or extended exposure in the midday is not good for skin health in the long term.</p> <p>Use your common sense, and get sun exposure in the morning and afternoon. If you are out and about during the middle of the day or at the beach, wear a hat and SPF 30.</p>

The next important step is to identify if the skin care you are currently using supports the goals you have identified. If you are unsure, the next step is to find out. How? Well there are a number of things you can do:

1. Critique your own skin care - sit down with all the products you use regularly and read the labels.
 - What are the claims about the product?
 - Does the label claim tell you how the product really supports your skin health? Keep in mind that there is a lot of marketing “hype” in the skin care industry.
 - Does the label even indicate what the product does?
 - What are the ingredients and are they relevant to your skin?
 - Are there any ingredients you don't recognize?
2. If you don't know or can't work out how your skin care is supporting your goals, speak to someone that does know such as a beauty therapist or a skin care specialist.
3. If your current skin care regimen is congruent with your goals - fantastic. If not, make the changeover to products that do suit your goals; one product at a time as your current range runs out, or all at once. Whatever your preference, at least you will know that your skin care is working for you.

If you do want to assess your current skin care goals and the products you are using, book in to see Ananda or one of our beauty therapists at Vitale for a skin care consultation.

SPECIAL OFFER: For January and February 2009 your Skin Care Consultation is FREE! If you can't visit in-store, you can also consult via e-mail.
www.vitalenatural.com.au, 1300 889 160 or info@vitalenatural.com.au



Ananda Mahony ND is a naturopath, nutrition lecturer and skin specialist. Ananda has an absolute passion for natural & organic skin care and educating people about the benefits of natural skin care. Ananda owns Vitale Natural Skin & Body Care, a natural & organic skin care store in Paddington, Brisbane. Ananda is offering a free e-course “5 days to naturally clear & glowing skin” when you sign up to the Vitale newsletter. In addition she will also give a complementary skin consultation valued at \$30. Call or e-mail to make an appointment at <http://www.vitalenatural.com.au>

Smoking Mad? You CAN Quit in 2009

By Patrick Roberts, EX-smoker!

“What are you doing? Are you mad? How could you smoke – after all you have been through to quit!”

“Ahh chill out! It was only a couple of puffs. You don’t get addicted after a couple of puffs. You haven’t smoked for weeks, it’s not as if a couple of puffs is going to do you any harm. You’re passive-smoking more than that in the pub!”



As an addicted smoker who has tried to quit and probably succeeded a few times, I don’t need to tell you where those couple of puffs led!

It’s a conversation I knew too well - many years ago (far more than I care to remember!) I was a smoker... a heavy smoker. I averaged thirty to forty cigarettes a day and, if there was a party, or it was a big night at the pub, fifty or more was not out of the question!

First Puffs

I first started smoking at thirteen. Like most boys it had much more to do with impressing the peer group and appearing adult than with any actual enjoyment in the act. I didn’t smoke all that much in those early years and often, depending upon social circumstances, there were protracted periods of time when I didn’t smoke at all.

By the time I was sixteen, however, I *was* hooked. I know because I tried to quit! Upon reflection, I can now see that there was a hint of self satisfaction, bordering upon pride, that I was *addicted* to nicotine!

I continued smoking, quite heavily, for at least the next ten years before I tried seriously to quit again. Actually, upon reflection, and with the knowledge I now have, the word ‘seriously’ in the previous sentence is a joke! I think I lasted until about 2:30 in the afternoon of the first day! It was pretty serious to me at the time.

Try Try Again

Over the next six or seven years I tried again and again to give up smoking. I never got very far. Eventually I discovered that acupuncture can help with the withdrawal symptoms and, for the first time since I was fifteen years old, I went without a cigarette for a whole week. Not too surprisingly I thought that that was that! I had quit. I was now a non-smoker.

Oh boy, was I in for a rude shock!

Within two months I was again a fully addicted smoker. I had no explanation. How could I have started again after all the agony I had been through trying to be free of the accursed things?

I went back to the acupuncturist, and I quit again. This time I lasted about six weeks before I was smoking again. At some point in time – long after I had beaten the physical addiction – I would find myself having a long conversation inside my head between one part of my mind, that clearly and absolutely wanted me to be free of tobacco, and another part of my mind that wheedled and seduced and connived until I succumbed.

“Am I going mad?”

While “Am I going mad?” was largely rhetorical – I didn’t really think I was losing my marbles – it really did get me to enquire into the nature of the human mind and search for an understanding of these internal, extremely opposed dialogues. It seemed my conscious, rational mind was entirely clear that I wanted, absolutely, to never smoke again.

So where was this other, irrational, mind located? Why did it insist on fighting against the express wishes of my conscious, rational mind?

When I began to come up with some answers to these questions and started to understand the forces at play, I also started to understand the true nature of the problem and came up with some strategies to help me succeed; and I was finally able to quit for ever!

I Did It!

Even with the knowledge and the strategies it was by no means an easy nor even a straightforward affair; and even after a couple of years I was still at risk.

However, I have quit.

I've not smoked in over twenty years and I know with certainty that I will never smoke again. There is no part of my being that has any desire, whatsoever, to do so.

It was not until many years later that I watched a work colleague going through the same process of quitting, lasting a few weeks/months, taking up smoking again and then starting the whole process over again, that I realised the knowledge I had gained could be of value to others.

I did some research and discovered that most of the books about quitting smoking are written with the express purpose of getting you through the physical withdrawal stage. Once through that you are, theoretically, no longer addicted – there is no longer a *physical* dependency so ... job's done!

Ha! As we have seen and you've probably experienced, it's not that simple.

Surviving the first week is winning a major battle but, for all that, the war is not yet won, and (consider the hubris of George Bush on his aircraft carrier under the "Mission Accomplished" banner) to think that it is, will be your downfall.

You Can Do It Too!

So I decided to put together something that would be better than most at preparing the smoker to take on the battle to get through the physical addiction, but would not stop there.

Conquer Your Nicotine Addiction Permanently it's Simple! Program (CYNAPS) has been designed to support you throughout your campaign to conquer your addiction.

During the program we create a winning strategy to win the battles with the physical addiction and the overall war of being smoke-free.

So all that now remains is for me to assure you that I really do know where you are standing at the moment, and I am very well aware of the size of the mountain that stands before you and the difficult and treacherous terrain that lies ahead.

I have written this book from the very real and vivid memories I have of being where you are and I believe that if you really DO want to give up smoking, you now have a powerful ally.

So, go for it!

Are You Ready? I am! I am determined to make 2009 your year to shine [smoke free]! Download the CYNAPS Program eBook and register for the coaching series FREE until midnight 31 December 2008.

Want more? Visit www.cynaprogram.com/2009 now to 'kick-start' conquering your nicotine addiction with Patrick's planning tips!.



Age-defying Strategies for 2009 from An Integrative Holistic Doctor

By Dr Dzung Price, MBBS, FRACGP, NLP Master Pract, DHE, Dip Fam Plan

Most of us think nothing of spending thousands of dollars on our cars to keep them running smoothly. We fill them with petrol, buy new tyres, get them cleaned and have regular services and tune ups. But how many of us give our most valuable asset – our bodies – the same attention? We can trade in our car for a new model in five or ten years time, but we have our bodies for life!

Doesn't it make sense to get advice on how to keep yours in top condition for as long as possible...now, before things start to go wrong? Getting older does *not* mean your body should start letting you down.

Building Blocks of Youthfulness

Here are the keys to a younger you:

1. **A Strong Frame.** To be fit, active, healthy and youthful, you need a strong underlying structure: good muscle tone and strong bone density. They not only keep your organs in place and -protected, and allow you to move and look like a younger person; they're also the secret to avoiding a surgical face-lift.

To achieve good muscle tone and strong bones, your body needs proper blood levels of estrogen, testosterone and growth hormone, as well as calcitonin, Vitamin D, strontium boron and adequate strengthening, weight-bearing exercise.

2. **Great Blood Flow.** Proper circulation brings a continuous supply of fresh blood, cells and nutrients to your skin and face, giving you that desirable healthy glow. Good blood flow also replenishes and replaces worn out cells and tissue, and helps flush away age-promoting toxins.

To ensure good circulation to vital organs and cells, you need to keep blood pressure and cholesterol in check, and reduce inflammation and calcification.

Do at least 30 minutes of exercise daily, alternating 5-10 minutes of moderate exercise such as walking with 5-10 minutes of harder exercise (brisk walking, jogging, or walking up a hill). See your natural practitioner about keeping blood



pressure and cholesterol in check without drugs. Also, the following supplements are very helpful: fish oils, DHEA, niacin, vit E, ginkgo biloba and coenzyme Q10.

3. **Optimal Hormonal Rejuvenation and Moist Skin.** As your body's supplies of certain hormones - progesterone, DHEA, and pregnenolone - decline with age, your skin, hair, nails and bones become drier and more brittle.

It is essential to replenish your body with essential oils (fish oil and borage oil), adequate amounts of polyunsaturated fats (safflower oil and linseed oil) and monounsaturated oils (olive oil), and to avoid salt and sugar. It is also crucial that your practitioner identifies and immediately treats low hormone levels with natural or bio-identical hormones. Restoring certain hormones back to youthful levels is powerfully rejuvenating.

4. **A Fit Brain.** What's your brain got to do with health and aging? Everything! A fit brain helps to create health and keep you young. To keep your brain in top form:

- Get plenty of sleep (7-9 hours)
- Take time each day to de-stress and unwind
- Engage in activities that make you happy and boost your mood
- Avoid cigarettes, excess alcohol and illegal drugs
- Meditate daily to achieve balance, whatever you call it...Zen, Zone, Nirvana or Serenity.

5. **Eliminate Hidden Allergies and Sensitivities.** Allergies can create many of the signs of aging such as fatigue, forgetfulness, weight gain, gnarled hands, painful joints, irritable bowel and digestive problems, and can also interfere with the body's natural rejuvenation and repair processes.

Many people have hidden allergies and sensitivities, and symptoms can be hard to identify. They are often misdiagnosed and therefore mismanaged, while the allergy continues to create chronic inflammation in the body and accelerate the aging process.

If you have 'mysterious' symptoms that won't go away, first rule out allergies by getting tested. When hidden allergies and sensitivities are diagnosed and treated



effectively, the body becomes younger, more vital, more energetic, and the immune system can function properly.

6. **Detoxification.** I believe that regular detoxification is the single most important anti-aging strategy. There is no point putting good nutrients into your body if your cells are weak, overloaded and swimming in a toxic swamp. If the body's natural filters (liver, gut, kidney, lungs, skin) are clogged up and blocked from too much toxins, they cannot efficiently filter out wastes.

The result is accumulation of toxins in your joints, tissues and lymph; chronic inflammation, and faster aging, as well as higher risk of infection from fungus, bacteria, virus, and parasites. Also, accumulation of heavy metals, petrochemicals and solvents can block your body's ability to utilize nutrients.

Effective strategies for detoxification include drainage and detoxification remedies; certain nutrients such as Vit C; organ cleanses (eg. gut, liver, gallbladder flushes); dry skin brushing; rebounding on a mini trampoline; fasting; a cleansing diet high in raw vegetables; saunas etc.

A detox programme that is tailored for your individual needs is powerfully rejuvenating.

7. **Stress Management.** No matter whether the stress is physical, mental, chemical or emotional, it will age you faster and weaken your immune system. Toxins, medications, poor diet, disease and infection all put undue stress on the body, as does a traumatic event. Unless the stress is quickly resolved or reduced, the body can go into stress-overdrive, producing too much of certain hormones, and getting out of balance.

One often overlooked source of stress to the body is harmful electromagnetic fields from mobile phones, computers, power lines, microwaves, cars and other 21st century 'conveniences', which can cause cancers, fatigue and a host of bizarre maladies. Fortunately, there are now ways to protect our delicate bioenergy fields from these harmful frequencies.

Some of the 'Fit Brain' strategies above are also excellent for stress management. Sometimes, however, you may need help to deal with unresolved emotional or mental conflicts, as these can create enormous stress to the physical body resulting in various expressions of dis-ease and discomfort.

Finding a practitioner specializing in emotional healing using energy psychology techniques such as EFT, TAT or NLP can lead to much faster resolution of symptoms, freeing your body and mind to enjoy more ease, comfort and grace.

The Anti-Aging Blueprint

Anyone can take steps to prolong youthfulness and fight aging, but the longer you wait to start making the necessary changes, and to address the factors that contribute to aging such as poor diet, hormonal imbalance, hidden allergies, illness and disease, or sluggish circulation, the harder it will be to undo the damage.

That's why prevention is the best option.

Ideally, you should begin an anti-aging program between 35 and 45 years of age, before vital functions are attacked by chronic inflammation and other markers of aging. That way, you can avoid many of the common signs of aging for decades to come, and also be more resistant to disease.

A good anti-aging program targets common indicators of aging such as lack of energy, sleeping and cardiovascular problems, poor memory, loss of sexual vitality, blood pressure and stubborn weight gain.

Therefore, the first step is to conduct extensive screening tests to identify your current health status, the specific biomarkers of aging that are affecting you, and risk factors such as genetics, lifestyle and health history.

Armed with that information, your anti-aging specialist can create a customised health and rejuvenation plan to powerfully slow down or reverse your aging processes. Typically, the rejuvenation program at the Renew You clinics includes a combination of optimal nutritional, vitamin, hormone, stress, energetic, antioxidant and exercise interventions.

Soon, you will begin to enjoy better health, more vitality and energy, and a greater feeling of youthfulness than you've known in years.

The Renew You Centres of Wellbeing and Longevity in Queensland run a very successful and popular *Anti-Aging and Rejuvenation Program*, as well as Australia's most comprehensive natural allergy program, the *BioFast™ Allergy Free Program*, and

other programs including Hormonal Balancing, Gut Healing, Emotional Relief, Energy Balancing, and Preventative Medicine.

To find out more about Renew You services and to access your free gifts worth \$149, please visit www.renewyoujourney.com or freecall 1300 853 006. For natural skin care solutions, visit www.etscrystalbeauty.com..



Integrative medical doctor Dzung Price specializes in nutritional and environmental medicine, natural hormones, allergies, bio-energetic medicine and anti-aging. With her colleague, she developed Eternity Crystal Beauty Skin Care, based on botanicals, essential oils and embedded crystals, and imprinted with specific energy frequencies to provide optimal antiaging natural skin care. In addition to seeing clients at her Renew You Centres for Wellbeing and Longevity in Brisbane and the Gold Coast, Queensland, Dr. Price also writes on allergies, anti-aging, hormones and other topics. She is the author of 'Your Allergy-Free Child', "7 Day Detox Guide" and "Younger, Healthier Skin at Any Age – Natural Rejuvenation".



Flick Off Financial Fear

By Sandy Kumskov, EFT Specialist and Holistic Counsellor

2008 has been the predicted roller-coaster ride! Global warming has taken its toll, the economy has tanked in nearly every industry, the stock markets slowed down at a blistering pace, and consumer confidence has slowed to a sloth-like crawl as people decide it's smarter to reduce debt and save some money for possible hard times ahead.

That consumer confidence crash is, not surprisingly, media driven, as the news media factories all hurtle head-first into their increasingly-normal feeding frenzy. That frenzy might be driven by someone's honest desire to make sure we know what's going on in the world. But the nasty side-effect of dissecting every twitch and shudder in the financial statistics is that **fear** becomes the common emotion for anyone who regularly consumes the modern media diet.

The Role of Fear

Fear is a normal, natural and healthy human emotion of course, designed to instinctively protect us when we're in physical danger. When we perceive a threat, a cocktail of hormones flood our body to prepare it to defend itself, or make a fast getaway from the source of the threat. Some researchers say that it takes as much as three days for the body to fully recover from a threat.

It's important to know that the fear doesn't have to be real, we only have to *perceive* something as a threat for the hormone cocktail to start mixing. When we're constantly bombarded with financial Armageddon messages, our perception of fear is heightened and the cocktail is shaken, not stirred. There's little time for the body to recover from the fright, and by now, most people are running 'anxious' pretty consistently, if not living in outright fear.

Human Consciousness Mapped

As an energy therapist I am really conscious of the physical and mental impacts of constantly running a lower-vibration emotion like anxiety or fear. David Hawkins's Map of Human Consciousness (nicely discussed in his book Power vs Force) calibrates anxiety at 100.

Real growth for humans begins when we operate more of our life at 200 or above, where Courage and Integrity rest. Most of the human population, 78%, operate their entire lives below 200. Each one point in the scale is logarithmic though, which is good news because it means that moving up just one point is ten times more powerful than just one point lower. Hawkins says that an enlightened human, such as Jesus, would have the power to counterbalance the negative state of 10 million individuals operating below 200!

What you really need to take from this conversation though is that if you're feeling fear, and you're noticing you feel contracted and stuck, that's because you *are* contracted and stuck: fear is a lower vibration state of consciousness, neither good nor bad, just lower.

Well it's fine to have this knowledge, but what to do with it? I'm sure if you could rid yourself easily of that knotted feeling in your stomach or the turmoil in your chest, you would do it. In fact *you'd have done it by now* and not even be reading this far down the page!

What to Do?

Please be gentle with yourself here, most people have never learned how to easily process the energy that is emotion. Most of us were instead taught to suppress emotions we or those around us found unpleasant; and we spend the rest of our lives collecting and suppressing more and more unpleasant emotions and experiences. It takes more and more of our vital life energy to keep all that unpleasantness suppressed; no wonder we occasionally explode!

From here on it's all good news though. Firstly that feeling you're having is *yours*, and you can decide what to do with it! It *is* possible to process your emotions cleanly and easily and thoroughly, without having to dig around to find out where they came from in the first place. The technique we're about to discuss, EFT (Emotional Freedom Technique), is incredibly effective and easy to learn and use yourself. All you do is read the script while you tap with two fingers on each of the points shown in the diagram.

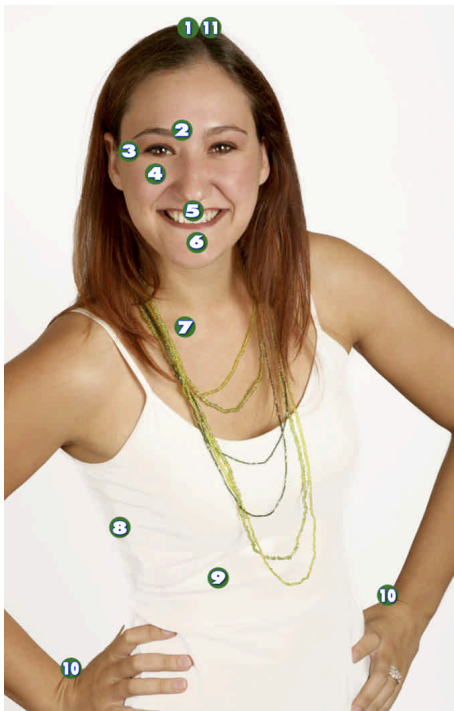
Affirmations

First of all though, we need to have a short discussion about affirmations. They can be wonderfully effective to change your beliefs or experiences, or really bomb! EFT says that affirmations only work if you don't have any "yes buts" lurking in your mind in the form of that damned inner critic with its whiny nit-picky-never-shut-up voice.

A 'round' of EFT begins with a setup statement that can sound like a negative affirmation, and that's a stumbling block for some people. What's really going on though is that you are acknowledging the truth about what you're experiencing, and that's very different to an affirmation. The end result will be that you don't need to use an affirmation about the problem you're tapping out to put you in a positive place, you just *are* positive – the negative has gone.

EFT Clearing

So, that's all a lot of discussion, let's get into some action.



The EFT Tapping Points

- 1 Crown of Head – C
- 2 Eye Brow – EB
- 3 Side of Eye – SE
- 4 Under Eye – UE
- 5 Under Nose – N
- 6 Chin – Ch
- 7 Collarbone – CB
- 8 Under Arm – UA
- 9 Under Breast – B
- 10 Wrist – W
- 11 Crown of Head - C

Follow this script to try EFT. Say the words while tapping the corresponding point 6 or more times.

First of all focus on an issue about which you're feeling fear right now. On a scale of 1-10 where 1 is very peaceful and calm, and 10 very fearful, rate your intensity and write it here: _____

Now tap with one hand on the karate chop point of the other hand (doesn't matter which hand), while you say the *setup phrase* **three times**:

The correct number is usually the one that pops into your head, before you have a little conversation with yourself about whether that can be true or not. Your intuition gave you that number; it's usually very accurate, pay attention to it even if you don't like the answer.

“Even though I feel really afraid about all the chaos in the financial markets and the economy right now, I deeply and completely love and accept myself anyway.”

“Even though I feel really afraid about all the chaos in the financial markets and the economy right now and I’m worried about how it might affect me, I deeply and completely love and accept myself anyway.”

“Even though I feel really afraid that I might lose my job (or something else) because of all the chaos in the financial markets and the economy right now, I deeply and completely love and accept myself anyway.”

Following the diagram above, with two fingers tap seven to ten times on each point while saying the *reminder phrase*. In this case, say “*this fear*”. Move fairly quickly, it doesn’t have to be exact or slow.

1. Top of head – tap 7-10 times and say “*this fear*”
2. Eyebrow – tap 7-10 times tap and say “*this fear*”
3. Side of Eye – tap 7-10 times and say “*this fear*”
4. Under Eye – tap 7-10 times and say “*this fear*”
5. Under Nose – tap 7-10 times and say “*this fear*”
6. Chin/Under Lip – tap 7-10 times and say “*this fear*”
7. Collarbone – tap 7-10 times and say “*this fear*”
8. Under Arm – tap 7-10 times and say “*this fear*”
9. Under Breast – tap 7-10 times and say “*this fear*”
10. Creases of wrists: inside of one wrist tapping 90 degrees across the other – tap 7-10 times and say “*this fear*”
11. Top of head again – tap 7-10 times and say “*this fear*”

Now check in with your feeling of fear, and write your rating number here: _____. Hopefully it is a lower number. If there is still a bit of charge left on this issue, tap another round beginning at the top of your head, this time saying “this remaining fear”. And again rate your feeling. Hopefully by now you’re down to a 1 or even 0.

That’s it, you’re done. Yes that’s really all there is to it.

If Your Fear Didn’t Go Down

What exactly were you thinking about? Was it about you or your partner losing their job? Something else very specific to your situation, like not being able to make your

house or car payment, or something else? That is a *different aspect* of the financial fear, and you can ease that by tapping a round or two for that specific fear.

To do that, just say exactly what you're thinking and what you're feeling. There is no right or wrong here, just you being honest about what's going on for you. Sometimes people can't put a name to the feeling they have. In this case it's perfectly fine to just describe the feeling: this tight feeling in my chest, this knot in my stomach, or whatever words work for you.

Where to From Here?

You can use EFT on *any* issues you have. Simply come up with your own setup and reminder phrases or even just tap without words, just focusing on the feelings.

Top Five EFT Tips

1. You can't do it wrong.
2. You can tap in any order you prefer. I recommend the order above because it's easy to remember and makes sure you get all the meridians.
3. It doesn't really matter what words you use when you put your attention on the feeling you have.
4. Any tapping is better than no tapping.
5. You can't do it wrong.



Sandy Kumskov is a holistic counsellor and energy coach. She specialises in helping you zap from fearful to fabulous and boost your life to exactly where you want it to go. Sandy works with people around the world via telephone, and one-on-one at her Brisbane clinic.

She is offering a free ebook uncovering shocking secrets the diet industry doesn't want you to know, when you sign up for her newsletter at <http://sandykumskov.com>.



Roger's Top Ten Money Tips for 2009

By Roger Morrison, Director

There are apparently some doomsayers out there predicting the end of the world as we know it - financially anyway - I have a different opinion only based on the number of my clients that are doing quite nicely and look set to continue to prosper.

The **banks and financiers** I deal with on a daily basis are struggling to keep up with the demand and interest rates fluctuating have had **zero** effect on volumes and our "local" economy is in good shape. Having said all that, I refer to commercial transactions (people buying income producing items) as opposed to consumer-driven transactions like a new boat etc.

So here are some ideas for 2009 (please read the four hundred pages of disclaimer following...basically I wasn't here):

Never Sell

Never sell real estate, that is unless the bank manager wants to move in, in that case sell it before they do!

Understand Debt

Know the difference between **bad debt** & **good debt**, and try to find a balance that you're comfortable with. Let me explain:

Bad Debt

In this category I would include **stuff** like furniture, electrical goods, clothes, holidays, private use cars, motorbikes, bling, entertainment. Basically if you buy all this **stuff** on credit it's worth nothing once you get it home and all your left with is the debt, and in 5 years time it's worth **stuff all**. Of course there are some items that you will need and want anyway, you work hard and need to feel rewarded, just be mindful that it's really dumb debt and harming your long term financial position.

Good Debt

Any debt used to fund something that has the potential to make you money in the short, medium or long term I would call **good debt**. That would include the loan to buy a

residential property, shares, business equipment, work vehicles (including motorbikes), a holiday home, rental property etc etc.

Superannuation

Keep an eye on your Superannuation and ask questions until you have even just a basic understanding of how it can benefit you. Read as much as you can to educate yourself. I reckon the **man** wants us all to be self funded retirees and has made some significant changes to Superannuation laws to make Super very attractive.

And it's not just for old people. If your partner is older than you keep them around, they could be very handy tax-wise in the future. If you have a 6 figure sum in your Super then seriously consider finding out if a self-managed fund is for you.

Keep the Tax Man Happy

Keep your tax and financial affairs in good order, pay exactly the right amount of tax and pay it on time, the Taxman should never be taken lightly.

Get a good Accountant. Your Accountant's job is to do your tax returns. If you want to try to claim something as a deduction then go onto the tax office's web and see if you can find the answer yourself and then **confirm** it with your Accountant. It will probably save you money and you stand an excellent chance of reading some information you didn't know.

Budgeting!

Budget **yearly**. It's really dull I know but **cash** is **king**. Try to set yourself up with a proper budget that includes everything including **spoiling** yourself. There is little point in living week to week dreading when the power bill or the car rego is due. Budgeting is really easy and just requires a bit of common sense.

Educate Yourself

Use the time you spend in your vehicle to motivate yourself (and family) and educate yourself about money matters...that CD or MP3 player is a powerful tool used well. There are a squillion CD's available I have some favourites but I am yet to listen to one that was 100% bad.

Aim High

Implement a plan for your financial position, set yourself some goals maybe some of those CD's will give you some ideas.

Manage Credit Wisely

Never refuse credit, if a bank wants to give you a card...accept it with open arms and keep it for a rainy day. If your credit card statement shows an annual fee...phone your bank and tell them XYZ bank will waive the fee for the next 12 months...if you change banks...it's worth a go....the worst they can say is no.

Make Small Savings

This is obvious...fill your car up mid week when fuel is at its lowest.

Remember...

A dollar saved is two dollars earned...well not quite but you get the drift!

And finally...

Have a safe and prosperous 2009 - I certainly intend to. I am happy to answer any general questions however I am unqualified to give specific advice...blah blah blah.

I am happy to discuss or quote on any proposed borrowing. Please feel free to contact me funding@bigpond.net.au.



ROGER MORRISON & ASSOCIATES PTY LTD
specializes in arranging funding for all types of business equipment for small to medium enterprises between 1 to 200 employees in all sorts of industries...earthmoving, transport, manufacturing, wholesale/ retail, mining, farming etc. We finance small ticket items such as office equipment right through to expensive heavy earthmoving equipment. Our clients enjoy low costs, speedy approvals and prompt settlement. We provide excellent service to turn you into another satisfied long term client.

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Property – Is Now the Right Time to Invest?

By Zoe Staddon, Financial Adviser

Although the media would have you think otherwise, there is every reason to feel optimistic right now. History tells us that we have been in this position before and things have always improved! In Australia, as in most developed countries, the economy moves in a regular pattern, known as the boom and bust cycle.

Nobody has a crystal ball and can say with certainty what is going to happen in the property market. At the end of the day though, it doesn't matter when you invest as long as you buy the *right* property at the *right* price. Good property investors will have an understanding of the property cycle and consider a variety of other factors when purchasing property; but ultimately they will buy what's right for them, at the time which is right for them. So, a better question to ask would be - is now the right time for *you* to invest?

Often, you don't know what you can do until you do it; what you can be until you become it; or what you can have until you have it.

The Property Cycle

The property market, which exists within the wider economic climate (supply & demand, inflation, interest rates, employment opportunities), has its own distinct cycle characterised by periods of strong growth in demand leading to rising property values and periods of weaker demand leading to flat or falling property values. In Australia, research has shown the property cycle typically lasts 7 – 10 years.

Where are we in the cycle?

There are 3 clear phases of the cycle – boom, slump and upturn. If we look at what has happened in the past, we can see 3 key factors which usually precipitate the upturn period –

1. Tighter money, that is banks changing policy making it harder to borrow – this is happening now;
2. Flattening or falling property prices (the slump) – this has been happening across 2008 as evidenced by the increased length of time to sell properties and reduction in prices from their peak towards the end of 2007; and



3. Falling interest rates – with the RBA announcing its fourth consecutive interest rate cut on December 2nd, interest rates have fallen a total of 300 base points (3%) since the end of June and further cuts are predicted.

These factors suggest we are nearing the bottom of the economic cycle and moving towards the start of the recovery phase. In relation to property, these indicators don't mean that things are going to change overnight, it will take time for these interest rate cuts to take effect and property prices are likely to stay stagnant or even continue to fall for a little while longer; they do however suggest the upturn phase is on its way.

Based on previous cycles in the property market, some analysts have said the latter part of 2009 moving in to 2010 is when prices are expected to start increasing again. As a result, now is a good time to start considering investment in the property market.

Obviously, buying at the bottom of the market before the upturn and outside of a boom period when prices can often be inflated will provide the greatest returns, but picking the peaks and troughs of the cycle or being in a position to take advantage of the 'right' timing can be difficult. Often, by the time people have confidence, make the decision to invest and get organised, the market is moving again so they are generally buying when prices have already increased and missed the advantage of buying early in the cycle.

This doesn't mean you should only invest at the bottom of the market, investing at different points in the cycle can lead to good returns, the timing of your purchase however will influence how quickly you see growth and return on your investment. In a worst-case scenario, if you buy in the boom period of the property cycle, when values fall you might find in the short term that growth on your initial investment is either neutral or negative.

The good news is that when it comes to buying property there are benefits of implementing a long term investment strategy; so timing of the market may not be as critical, property is a consistent performer for capital growth over periods of 10 - 20 years.

Statistics on Brisbane Property

Property Type	Median Value	Capital Growth	
		10 years	20 years
House	\$448,000	12.02%	8.24%
Unit	\$352,500	10.67%	7.19%

(Source: Residex, Qld 2008)

Other Factors to Consider

When looking for an investment property, it is also important to consider the area you are going to buy in; not all locations are going to achieve the same rental returns or long term growth. When researching different areas you should take in to account the following: proximity to transport nodes, amenities, employment and water if possible; visual connectivity to landmarks and destinations; demographics; population growth and areas where property is in limited supply.

Should I Buy Now?

Property is a sound investment and has been a great vehicle for numerous people to create wealth and financial security. Investors have started to move back in to the market as they recognise it is a good time to start buying property again; massive interest rate drops, strong population growth in SE Qld., reduced property prices, low vacancy rates and increased rental yields.

YES – now is a good time to buy. But before you do it is important that you have a plan and strategy for what you want to achieve. Why are you investing in property? What are your goals and underlying motivations? If you talk to different investors you will find the common goal is ‘to make money’ – but why do people want to make money, the reasons are different for everyone; e.g. travel, spending more time with family, wanting the latest gadget or most expensive car, to meet education costs for children etc.

Another factor you need to consider before buying property is your affordability – It is important to look at your own situation and work out how much money you have available to put in to the property you buy without compromising on your lifestyle. Affordability is different for everyone – and in times of economic uncertainty it is even more important to know that when you purchase a property you will be able to hold on to it through good and bad times to reap the long term benefits without feeling stressed.

It's all about you – your affordability, your life, your goals, your dreams!

At Grow Consulting Group our aim is to help you build wealth through property investment and give ongoing advice and support to assist you in achieving your goals and dreams.

Answer these questions:

1. Do you have equity in your property?
2. Have you been thinking that you should invest in property but don't know where to start?
3. Do you want to reduce the income tax you currently pay?
4. Have you been thinking you can no longer afford to push back planning for the future?
5. Do you want to take control of your future retirement?

If you answered yes to any of these questions, make sure your register for our next FREE two hour workshop 'How to Buy an Investment Property'. [Click here](#) for more information and to register. <http://www.growconsulting.com.au/grow.asp?ID=30>

Take Action:

We want to meet with you and get right down to talking about real strategies – **what you want and how we might help you get it... easily.** Please understand, this meeting is complimentary and absolutely obligation free, plus we are happy to come to you. It might only take 5 minutes, it might take an hour, but no matter how long we spend together, I promise you will get insights that are important to YOU and your individual situation. Call us today on 3262 7258 or [click here](#) to register for a free consultation - see how we can help you. http://www.growconsulting.com.au/make_appointment.asp?sec=1



Zoe Staddon

Adv. Dip. Bus. Management, Dip. Project Management
Cert. IV Financial Services

Some might say our business is organising finance for property – and of course we're VERY good at doing that. But YOUR success is our mission. Grow Consulting Group provides a complete tailored service not only sharing expertise in financial loan products, but also helping busy clients with any aspect of the purchase they might not have time to take care of. Be assured: your success is the focus of everything we do, every choice we help you make, every option we offer you, every step in our process is specifically designed to help you reach your goals.

www.growconsulting.com.au

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Being the Authentic Leader You Really Are!

By Mia Munro, Authentic Leadership Coach, Professional Speaker

Who is leading your ship? Are you a leader...really?

With 2009 on the horizon I challenge you to question the past 12 months of your life. How was it for you? Was it ok, great or extraordinary? I challenge you to take 20 minutes and reflect on what were your successes of 2008. What did you achieve? Who did you shine as? Were you leading the way with a powerful vision? 'Being' rather than 'doing'? Enjoying the ride? Authentic Leadership is understanding where you are now, who you are being and what you want to create.

Leadership is changing and when we look at the generational changes in business we notice within each generation significant shifts in mindset and execution of vision. From a command and control mentality we have moved to one of innovation and collaboration.

The Veterans and Baby Boomers within business embraced a real loyalty to their employer. Being in a job for life was very accepted, respected and remunerated accordingly. Then Gen X came along and there was a shift: A shift towards loyalty to ones self and career. The direction one wished to take. With the experience of changing careers around 3 times on average and changing every 3-5 years this began to challenge the original form of leadership for those in that position. The next generation of course is Gen Y, full of technology and change demanding inspiration and innovation.

With these changes a need has been created to anyone in leadership to start to focus on *you*; who I am 'being' versus solely the leadership skills one can acquire through education; the need to lift one's consciousness and evolve with the generational changes. Have you questioned who your circle of influence currently is? Your success is in direct relation to who you develop and grow alongside, so evaluating who this group is could define 2009 for you.

Reflect 2008 and Take action for 2009

- Discover your vision your internal drivers
- Who are your past and current key influencers?
- What is your personal story that has made you who you are today?

- What qualities do you express as a leader?
- What difference do you want to make in your world?
- What do you want to do to move yourself towards your top zone?
- Create your top zone plan
- Make a decision to stand in your authentic power and fulfil your hearts purpose!

Authentic Leadership commences with you stepping up and creating an awesome vision and then shouting it from the roof of your penthouse so everyone can support you. We create that environment at Sisters In Sync Australia.

We are an Australian wide women's leadership company. Our focus is to educate, inspire and develop leaders who wish to play at an elite level. Attract in the elite leaders in the community who will actively contribute. Contribution is high in our values and we work to make a difference around Australia through actively achieving our own vision and supporting others.

If you are a professional woman who wishes to make a difference by being an incredible leader in your life and the community, please contact us at

www.sistersinsync.com.au

When you contact us by Dec 31st and take the opportunity to join us as a contribution member, we will upgrade your membership in 2009 to the new packages. Visit our website to join.



Mia Munro is a dynamic woman on a mission who stands as an Authentic Leader of Sisters In Sync Australia. Her passion is to make a difference in everything She focuses on. She has coached, challenged and developed hundreds of Professional Women and businesses around Australia, New Zealand and the UK to 'Get Real' in leadership. Her book 'Get Real' will be available to be purchased early 2009.

If you want to take the opportunity to be coached by a woman who walks her talk please contact her directly on mia@miamunro.com

She has only 12 spaces for new clients available for 2009 so we encourage you to take action now.

May you be the Authentic Leader you were born to be and live a life full of fun, fulfilment, focus and being in flow.



How To Get Far More Accomplished In A Lot Less Time... in 2009

By Malissa Isted, Business Success Coach

10 of 113 Tips & Tricks To Help You Boost Productivity & Overcome Procrastination PLUS Receive a FREE BONUS GIFT valued at AUD\$497.

1. **Spend 10 minutes** at the end of the day preparing for tomorrow. Generate your to-do list and prioritize it, one day in advance. This will save you precious time in the morning. You can dive right into your work without having to make lists and choices. Using this strategy gives you a head start on the day and ensures that you're working on the most important task always.
2. **Stop trying to be a perfectionist.** It's easy to get caught up in the trap of trying to make something just a little bit better. But often the results of the additional tinkering make little difference in the overall outcome, though the cost in both time and unnecessary stress can be sizable.
3. **Put everything back where it belongs.** At the end of the day, clear off your desk and return every file and document to its proper place. This way everything will be exactly where it should be when you need it the next time. (Note to self – take own advice!)
4. **Get started immediately.** Take the “Just Do It” approach. If you don't start, you'll never finish. If you wait for conditions to be just right, you may miss out altogether. Do something every day that will move you closer to your goals. Don't put it off. Do it now.
5. **Transform downtime into productive activity.** Determine your time of peak productivity and do your most intense, demanding work then. Use other, less productive times to return calls, send faxes, hold meetings and carry on discussions. No one can be at their peak at all times of the day. The secret is to know when you're most effective and to use that time for the most important and demanding work.



6. **Make decisions quickly and firmly.** People who get things done in life seem to share the characteristic of making quick decisions and sticking with them. Don't waste time deliberating. Size up the situation as best you can and make a decision.

Not all decisions can be made that quickly, but many day-to-day type decisions can be. The more you practice this, the better and more efficient you'll become.

7. **Learn to speed-read.** Many courses and books are available to help you. It's surprisingly easy for average readers to at least double their typical reading speed with the help of a few simple ideas and techniques. Most courses are designed to go way beyond doubling your speed, but they do require continuous practice.

Just doubling your speed will cut reading time in half, freeing up more time for other important tasks

8. **Listen to the excuses you're using** for putting certain jobs off, in favor of others. Always go back to the one task that's most important at this moment and work on that. It's easy to get caught in the trap of working very diligently on something else as a means to avoid doing what you really should be doing. Catch yourself and re-adjust your course of action.

Remember, there are no problems, only challenges.

9. **Make a public declaration** to reinforce your commitment. Find someone who you'd be embarrassed to let down by not following through on your declaration. Share your objective and the timeline for achieving it with this individual. Then, get on it right away.

Making your commitment public forces you to be accountable. You'll be less likely to goof off and more inclined to bear down and do whatever is necessary.

10. **OUTSOURCE OUTSOURCE OUTSOURCE!** There are so many small and even large daily chores that you can outsource cost effectively both at home and in the office. "I can't afford that" so many people say.

Well here's how to work out if you can.

Say your hourly rate is - \$100 (random figure). Halve it - \$50. Anything that can be done at \$50 or less per hour you should be outsourcing as you can earn more money

doing more money-making activities (like marketing or your core skill). I can access a virtual personal assistant for only AUD\$8 an hour.

Like these tips?

Want the other 103?

Simply send me an email malissa@malissa.info with the subject line “103 other tips please” and I’ll send it to you ASAP.

Now for your Free Bonus Gift valued at AUD\$497...

You see what I do, and what my company does, is work with business owners, people like yourself, helping them to maximize their business success. Most of our clients are small and medium sized companies with sales under \$15 million dollars year.

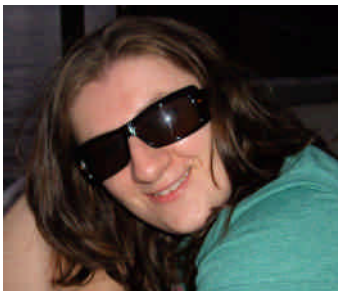
We work with a unique Streetsmart approach. By Streetsmart we mean that we look for ways to quickly and easily find hidden profits and make the business run as much as possible without the direct input of the owner. We look at all of your business assets and find ways to leverage and optimize your success from the assets you already have in place.

Because we try to leverage existing assets, you can often realize dramatic and profitable growth without having to invest a lot of money or make a lot of significant changes in your business operation.

So, what I’d like to do for you for reading this tip sheet, is take a look at your business and see where you are, where you’re going and how you’re getting there and see if there might be some ways we could help your business grow and find some ways to give you more time away from the business

For your Business Assessment - your Free Bonus Gift – valued at \$497, simply email me at malissa@malissa.info

Live to Love, Love to Live



Not yet 30, this single Mum of 2 small children offers a skill to business owners few, if any, have in our modern times: the ability to see previously unseen assets in a Business. Given the diverse challenges that Malissa has had throughout her life, including enduring over 400+ broken bones, 22 operations to place Titanium rods in her bones, let alone the copious amounts of time away from school growing up, one thing remained her constant passion... Her love of helping other



business owners through improving their marketing, systems and consequently their profits.

Due to Malissa's height of only 3ft 10" and her general reliance on a wheelchair, she's had to look at achieving her goals in a different way to most and this has followed through to many aspects of her life. Since the age of 13 she's been looking at businesses of all shapes and sizes, and analysing how the Business could be improved in many key areas. So after thousands of dollars invested in studying Marketing and Business, then even more thousands of dollars invested in applying her Street Smart rules to Businesses just like yours, she has the capacity to genuinely transform your business with 24 proven steps in 24 months or less.

If you're thinking that you have a real Business challenge for Malissa, think again... She rock climbs for fun!



Get Yourself Online!

By Barnaby De Palma, Web 2.0 Guru

If you own a business and aren't yet utilising the power of the Internet you need to ask yourself, "Why?"

Discover what simple steps you can take right now to completely dominate your market in 2009 - thanks to the power of Web 2.0 and 7 secret strategies!

Now, before the Internet, those who owned property and buildings controlled the business world (and maybe even the world!). Whether they were along a main street or in a business district, property, buildings and huge overhead were all an unfortunate necessity of running a business. Such large capital costs served to discourage people from setting up their own businesses and created massive pools of people that could only afford to work for someone and never work for themselves. These same businesses supplied mass produced goods to individuals that would sit back and readily consume. Things have changed.

In the 1980s, individuals became a little bit pickier. Instead of mass produced items they demanded specialised products, what we now call niche products. This change in consumer behaviour resulted in large companies having to change the way they produced goods and how they provided services. We can still see this today and it is a trend that is more powerful than ever. Economists call it flexible accumulation.

Think about Dell computers. They now release computers that are black, green, blue, pink and even computers with graphics designed by tattoo artists.

This change happened because consumers, and the market, felt more empowered than before and started to demand new and different things, or the same things in different ways. The change in demand also resulted in new competitors popping up that challenged the old larger companies. These new competitors came from all over the world – US, Canada, India and China. This was the first major time the market fractured.

Now we are witnessing another fracture. Actually, it is more like a tectonic shift. A fracture does not adequately describe the massive scale of the most recent happenings in the market place. All of these changes are thanks to the Internet.

The Internet has fractured the marketplace and increased the competition that bigger businesses face. This is a huge positive for both entrepreneurs and consumers. It is a huge positive for entrepreneurs because more people are now able to start businesses that generate a comfortable, if not substantial income. It is a huge positive for consumers because people now have more choices and, as we will see, more say in what gets produced and how it is produced.

There is a downside to the fractured marketplace, however. The levelled playing field has resulted in a huge growth of entrepreneurs who are in many cases vying for the same, extremely large and extremely unrealistic, market. Now, in this newly fractured and scattered market place, the biggest challenge isn't affording property or overhead, it's in knowing how to cut through the noise and reach your customers directly.

Who the Hell is Craig?

As I've already said, entire industries and markets are being disrupted and Web 2.0 is the culprit. Web 2.0 has already resulted in the collapse, or near collapse, of several age-old industries:

- The classified industry
- The public relations industry
- The newspaper and media industry
- The long-distance telephone industry
- The auction marketplace

All of these are being drastically re-defined and re-shaped because of Web 2.0. Craigslist and Kijiji have replaced your traditional classified section. The PR industry now has to worry about by-passing the media and finding ways to access their customers directly. Blogs and free online magazines and newspapers are slowly bleeding the newspaper industry.

Skype is cheaper than international phone calls have ever been. eBay is now synonymous with auctions and there are thousands of people who own businesses simply around selling stuff through eBay.

All of these sites – and there are many, many more – are a part of Web 2.0. What is Web 2.0? There are as many definitions of Web 2.0 as there are websites. Some are incomplete, others are too confused, but the one I will employ in this article is:

“Web 2.0 is a group of economically, socially, and technologically driven changes in attitudes, tools, and applications that are allowing the Web to become the next platform for communication, collaboration, community, and cumulative learning.”

In a nutshell - the basic premise behind Web 2.0 is that it is making the Web social. People collaborate to build communities, new tools and applications that work instantly online, giving you complete portability, you can work anywhere, from any computer - even a net cafe. You don't even need your own PC!

People have conversations about business, politics, religion... just about everything! Millions of people are building and maintaining these online communities. People use the Web to make connections with other people and make them more easily and cheaper than ever before. People create. People teach and learn. People create companies that can grow more quickly than ever before.

Web 2.0's core values are openness, transparency, and respect for one another. People also love Web 2.0 tools because they are fast, cheap (mostly free!!) and so simple to use that basically anyone from 8-110 could easily use them.

An over-hyped black hole

Web 2.0 is no different from other social movements, it has its detractors. Paul Moore said that, “Web 2.0 is made of... 600 million unwanted opinions in real time.” Max Irwin said that, “Web 2.0 is made entirely of pretentious self-serving morons.”

There is one thing that many of Web 2.0's detractors share, though. They are often people who rely on the very things that Web 2.0 is upsetting. The people that complain the most are those that make money from the status quo. So, of course they want to discourage people from getting involved and test-driving Web 2.0.

Do you want to fall for their arguments? I didn't think so. To those detractors that argue Web 2.0 is nothing more than a fad that will pass I can share these facts:

- Bloggers fact-check the media and easily ruin political campaigns.
- In 2005, eBay sold \$11 billion worth of cars online.
- Wikipedia is larger than the Encyclopaedia Britannica.
- 27 months after being created, Skype was purchased by eBay for \$4.1 billion.

- Flickr was created in Vancouver, Canada and two years later sold to Yahoo! for \$35 million.
- Rupert Murdoch bought MySpace for \$580 million less than 2 ½ years after it was created.
- 500,000 people make a living using eBay.
- Craigslist is run by 19 people and has destroyed the classified industry.

And how about this for the most profound use of Web 2.0 and social marketing that any of us have ever seen?

November 2008. Not just someone dominating a market or making a lot of money - but rather making the impossible, possible. Barack Obama wins the USA presidency. Even just 2 years before, this would have been considered impossible.

- Consensus was the election win would not have been possible without Internet fund-raising & social networking.
- Obama Raised 87% of his Funds through Social Networking online
- Obama's core team included Facebook co-founder Chris Hughes - 24 years old
- TOTAL funds raised for the Obama campaign were \$639 million
- \$556 million was raised through Web 2.0 strategies

Does this sound like a passing fad? Or, does this sound like a tectonic shift in the way people work, socialise, conduct business, and relate to what is possible in the world?

In 2007, the Internet was ranked the second most essential medium for information at 33%, only falling behind television at 36%. Five years previously, the Internet only ranked at 20% and television was actually higher at 39%. This means that between 2002 and 2007 the percentage of people relying on the Internet as their main source of their information grew by 13% while television actually fell by 3%. How long will it be before the Internet surpasses television? Not long!

Traditionally, the United States has had the largest number of Internet users. However, that is starting to change. Between 2000 and 2007 Africa and the Middle East have seen Internet usage grow by more than 1,000%. The next largest increase in usage was in Latin America, 669%, and then Asia, 406%. In that same span of time we can see that the growth in Internet usage in North America has increased by 165%.

Right now, 20 percent of consumer spending is conducted online and that will increase. Estimates have consumer spending increasing to as much as 75 percent within five years.

Globalization's Third Trimester

In "The World is Flat", author Thomas Friedman wrote about the three stages of globalization that we have witnessed thus far. He concluded that the most recent phase of globalization is the third phase and that it is characterized by the increased ability and desire of individuals to collaborate and compete on a global scale.

Web 2.0 is the driving force behind this most recent phase of globalization and it cannot be ignored. Those that do choose to ignore it, no matter how big or small, will suffer because of their inaction.

How do you take action?

If you want to leverage the power of Web 2.0 you need to have an online presence. But, not just any online presence will do! The one most impressive development of Web 2.0 is the evolution of the **blog**.

If you are looking to make the most of the new Internet, then you need to make sure that your online presence is cohesive with the Web 2.0 crowd. If you only have a static webpage that does not allow for interaction, conversation or collaboration you are going to be in trouble. You'll be in trouble because you will not be able to leverage Web 2.0 for all its worth.

In all honesty, you should probably have both. But, if you can only have one or the other, choose a blog.

Blog is short for weblog and it is a type of website that is very easy to use and easy to keep up-to-date. Google loves blogs because Google's search rankings place sites with fresher (more recent) content higher in its rankings.

Since 2003 people have started more than 70 million blogs. Can you even begin to imagine that in any concrete way? I know I can't. I do know what this sounds like to me, though. It sounds like I am going to have to compete with 70 million other people. Here's why you don't have to worry.

Most of the blogs that have been created are non-active – people have stopped keeping them up-to-date, in fact only 15 million of those have had any recent content published. In reality, the vast majority of those 15 million blogs are so poorly focused and have no defined market that they will never be a threat to anyone.

But, you don't want to know about blogs in general, you want to know specifically why blogs are going to be beneficial for *your* business.

First off, the vast majority of businesses still don't have blogs - under 5% in the USA - and much less than this anywhere else in the world. I can't even begin to imagine why, but there are many business owners and boards and marketing departments that have their heads in the sand. They don't think they need to make adjustments to their marketing and PR efforts.

They believe that their product is so good they can ignore mass movements and still have customers come back looking for more.

Sound like a good strategy? I hope not.

So, if you don't have a web presence, get one. If you have a web presence and it's not a blog, bite the bullet and start blogging.

For those in the know, blogs have become the cornerstone of their online marketing campaigns and they form the basis of a social media marketing campaign, a much larger and more interconnected system through which you promote your business - and get ranked FAST on the free side of Google, anytime you want, as often as you want!

7 secret steps to social media marketing

This entire Web 2.0 phenomenon is built on top of **social media**. Social media includes some of the things we have spoken about already, but it is too vast to be summed up in one sentence. There are several main categories: blogs, RSS, social search, social networks and social bookmarking.

Why do all of these things matter? They matter because each type of social media offers the marketer and entrepreneur a whole host of possibilities never before available in Web 1.0 or any other time in business history for that matter.

To market with social media you have to know the hierarchy. From the bottom up it goes: blogs, online video, RSS, social search, social bookmarking, social networks and micro-blogging.

1. **Blogging** is the cornerstone of your social media marketing plan. You need to read blogs, start a blog and post on your blog. This is the gateway to all other forms of social media marketing; be careful, it's addictive.
2. **Online video** has become so powerful that you can easily dominate any target market with a few strategically promoted videos that you link into your blogs, and other social marketing sites. Video now accounts for more than 52% of ALL traffic online - and YouTube alone controls more than 12% of the entire traffic of the Internet. You can't afford to ignore online video!
3. **RSS** stands for really simple syndication. You can and should use this technology to help keep people up to date with all the content you need to create on your blog. Get the content to come to you - and then you re-work it and give it your own spin.
4. **Social bookmarking** is a great way to become part of a community sharing your favourite websites (basically you just add your bookmarks and favourites online!). These social bookmarking sites allow you to take part in online collaboration and most importantly, build MASSIVE traffic.
5. **Social networks** are website such as Facebook and MySpace. If you are going to build a business presence on any social networking site you need to first leverage the previously mentioned mediums of social media before you move on. Once you have a blog, RSS and are familiar with bookmarking, then you can build a business presence on social bookmarking sites.
6. **Content sharing sites** these are sites that already have MASSIVE traffic and allow you to post your content for free to so that you help their active readers get more value from their website. These could be articles based content sites, video based content sites, podcasting content sites, etc
7. Finally, the highest point in the social media hierarchy is **micro-blogging**, such as websites like Twitter.

It's Time to Crawl

Like I said, blogging is the first step you need to take in your social media marketing plan. Blogging is the best way to take advantage of powerful tools to attract targeted traffic, generate leads and be loved by the Gods of Google.

Blog, short for weblog, is software that lets anyone who can string a few cogent words together create a website that is easy to update, interactive and appears in a journal (chronological) format.

For something that is very easy to set up and use, blogs have a very complex underbelly. They let readers comment on the content posted, subscribe to be notified when new content has been posted and it automatically notifies search engines when new content is posted.

If you want to become more familiar with blogging try this: monitor some blogs that are related to an area you are interested in, comment on those blogs to start building contacts and become part of a community, and, finally, create your own blog to share your ideas and promote your business.

There are lots of different types of blogging software available, but Wordpress (www.wordpress.org) is the best. You can download the software and upload it to the servers of whatever company hosts your webpage and it is very easy to set up. If you are looking for a quality web host to set up your blog - check out www.alive.com.au. Like everything, there is blogging etiquette – believe it or not.

These steps will help you manage your blog:

- Continue to subscribe to and read blogs
- Post often
- Network with other bloggers - build relationships with other top bloggers
- Encourage community and collaboration
- Link from your blog to other relevant websites and blogs

You Can Walk on Your Own

Once you've learned to crawl with your blog, the next step is to start to walk....slowly. RSS is an essential part of your social media marketing plan. I could get into the details

of RSS, how it's programmed and how it works, but I don't have to; for our purposes it isn't necessary.

Here's the funny thing. Even if you are scratching your head right now and are saying, "I have no clue what RSS is," you probably have consumed it at some point in time before.

Every blog comes out of the box already equipped to handle an RSS feed. People will be able to receive regular updates from your blog instantly when they subscribe to it (or at least updates as regularly as you post information ;)

This is one of the main reasons blogs are so superior to traditional websites - they automatically enable people to subscribe to their new content. Without this, a normal website requires YOU to go back and check to see if there are any updates. A blog tells you when it's updated.

Why should you be excited about RSS? Because there is so much information online that people can easily get tired of having to comb through it all. If you have RSS, and someone likes your site, all they have to do is click a button and they'll always be able to see what you are writing within ease. It's that simple. It's like having a targeted advertising message sent straight into the brains of your customers whenever you feel like it.

And the best way to subscribe to RSS is using Google's free RSS Reader - Google Reader - www.google.com/reader

It's Time to go For a Jog

Once you have RSS down, it's time to move on to social search. Essentially, social search is a database where people can list businesses, comment about the service they've received and rate the businesses that are listed.

People not only check out these databases and directories for information about how to find a business, they use them because they want more information. They want to know how they'll be treated, how many horror stories there are about a certain business, and if it's worth their time to do business with you.

Here's the bottom line: you can either get involved with these sites or you can let other people take control of your business's reputation... and I doubt that you'll want that.

You can even try to encourage your offline customers to go online and rate your business in one of these social searches. It's a great way to build and protect your reputation and establish a brand.

The best place to get started here is - www.getsfatisfaction.com

Start Running!

You've crawled, walked and jogged. Now all that's left to do is run. Once you've started a blog, incorporated RSS into your online activities and started to manage your online reputation, the next step is to get involved in social bookmarking.

This is a great way to create a small content blurb about your business or your blog and it's an even better way to drive search engine traffic to your site for free. Really, this simple tool is the killer app for driving enormous amounts of traffic, so don't underestimate this. There are several social bookmarking sites. The most common and popular sites are:

- Digg.com
- Propeller.com
- Delicious.com
- StumbleUpon.com

I'm sure you have bookmarks on your computer. However, the problem is that when you are away from your computer you cannot access them and you certainly cannot share them with other people. Social bookmarking is a way to bookmark a site that will be marked in an online account and a way to share your bookmarked pages with other people that share the same interests as you. It is a method for furthering conversation and collaboration in the Web 2.0 world.

People like Buying from People They Know

Once you have started social bookmarking you need to move onto social networking. This takes the level of online collaboration and conversation to a new level. Instead of just showing blurbs, you will actually be working towards creating groups or communities online that share a common purpose.

Networking has always been an important part of business. Now, with social networking and Web 2.0 you can exponentially improve upon the returns you receive from networking.

All social networks have several things in common. First, you will need a profile page. This is where you share information about yourself and your ideas. Second, you will need friends. After all, it will be hard to network and create connections if you don't know anyone. Finally, you need to establish a group. Your business should start with one group that is full of your friends and your friends' friends and so on. There is no limit to how many people can be in one group, but in order to make the most of your group you have to make sure that the group's members are engaged with one another.

You don't necessarily have to do all of the talking in these social networking sites, but you need to make sure that there is very little silence, because conversation is why people are there. Without it you will lose them.

Levitation

Maslow's hierarchy of needs places self-actualization at the very top. If you can reach the point of self-actualization it means that you have satisfied every other need in your life and you can now focus solely on developing and expressing your true self. Sounds tough, huh? The highest point in the social media marketing hierarchy is micro-blogging. The most popular micro is Twitter.

Simply put: Twitter is a free service that lets anyone say whatever they want to anyone that will be their friend so long as they do it in 140 characters or less. (163 characters)

In my attempt to keep my description to fewer than 140 characters I think I may have oversimplified the service. There's more to Twitter.

Like most social networking sites and blogs, you can subscribe to Twitter, create contact lists and share information. The fact that you have to keep all of your messages under 140 characters is not a bad thing. People and consumers like things short and sweet. Twitter developed for this very reason.

People are busy, but they like to stay in touch and be informed. Twitter works for the same reason as people like sound bites in the news; they keep you relatively informed without the time it takes to listen to a full story. Society moves quickly and Twitter keeps up. Remember that and once you have managed to satisfy the other levels of the social media hierarchy then you can move on to Twitter.

Once you've learned how to leverage Twitter and turn it into something profitable for your business, you will officially be a social media marketing guru. How's that for a

long title? Like all gurus, once you reach this point you will have very little to do because your online presence will be one that transcends and rises above the rest. Your bottom line will show it!

The web started with static pages and they've slowly evolved into websites that are now more interactive and collaborative than could ever have been imagined. This new level of collaboration and participation has resulted in an online revolution; it created the natural stimulus that forced the Internet to evolve.

Unlike previous changes, the Internet did not subtly evolve. The advent and invention of these new technologies shook the Internet at its very virtual foundations and created a social movement the likes of which has not been witnessed before.

You can join the nay-sayers and detractors and say this is a fad. If you do, you will be proven wrong. The tectonic shift that has created the Web 2.0 will not reverse, it will only continue to move forward and evolve. Those that sit on their hands will be left behind.

Linking it all together

Now if you are feeling at all overwhelmed, thinking that this sounds like too much work, don't be.

There is a way to set up your own web 2.0 strategy that combines all of these technologies and links them with leverage so that as far as you're concerned, a single action from you has a domino effect that automatically sends out your message everywhere. Imagine this domino effect: you create one video, and upload it online, and you get an:

- Instant blog post
- Instant Facebook update broadcast to all of your Facebook friends
- Instant Social Bookmarks
- Instant Podcast
- Instant Google Front Page!

Yes you read that right, you can guarantee your own Google front page any time you want using these strategies.

Plus, you can easily post a short text update about what you or your business is doing right now, and see this instantly appear on:

- Facebook
- Twitter
- Your own blog

That is a single action that is multiplied across many Web 2.0 platforms. Remember, the idea is “less is more”, doing a single action and seeing it appear all over the web.

2009 Quick Action Plan

Your actions right now are to set up a free account on these 5 sites:

1. Youtube.com
2. Twitter.com
3. Digg.com
4. Facebook.com
5. Google.com/reader

At this point you'll probably be thinking... ok now what? If you're anything like me, the best way to learn how to do something is to be taken by the hand, and shown step by step. So, how would you like me to sit down with you and show you precisely how to use these tools?

Well, I've got a free gift for you. 5 fast start training videos that show you how these sites work, and how **you** can leverage them for **your business**. Believe me, while this is fresh in your mind, and you're still inspired, visit this site right now to access these 5 videos www.googlefrontpagein24hours.com

Using these tools, you'll be amazed at what you can do in 2009. Wishing you every success!



Contact Barnaby at www.gotobarnaby.com , and get his free “Get Yourself on Google’s Front Page” ebook at www.googlefrontpagein24hours.com, valued at \$197!

Feng Shui in 2009

By Cheryl Byrne, International Feng Shui Master

How does it work and what is it?

Feng Shui when translated means “wind water”. These two words describe the precious living skill that has been practiced by the Chinese for more than 6,000 years. There is an energy that flows in and around our environment that is seen, unseen and can be sensed. The Chinese refer to this as qi energy, pronounced as “chee”.

The atmosphere that fills a room is a living energyqi energy.

Qi energy directly influences our lives on many levels. The quality of qi that you find in your environment influences your whole being, your attitude, emotions and actions.

When you have an environment that supports you with positive qi energy you will feel positive, strong, enthusiastic, healthy and in flow. Synchronicity will flow for you when you have the balance right.

There are many schools of feng shui and an Advanced Feng Shui Practitioner uses a compass just like a Medical Doctor uses a stethoscope. One of my teachers, Master Joseph Yu said: “Feng Shui is the art and science of determining how an environment supports you over periods of time”.

The Xuan Kong School of feng shui teaches that on the **4th February of each year** the energies change over. These energies work in 20 year cycles, annual cycles, monthly cycles and daily cycles.

2008’s negative earth energy was in the south.

For 2009, the negative earth energies will be in the **North** and **West**. Avoid spending time in this sectors of your home or workspace during 2009. The negative energy can be (elementally) weakened by adding the element of metal. This can be in the form of a metal wind chime outside to catch the breeze. It is the sound of metal which is the cure or you may use a metaphysical metal, such as cure a calabash which is a gourd.

Feng Shui offers guidelines as to how you can harness the qi within your environment to support your goals the positive sectors. One of the positive areas of qi for 2009 is

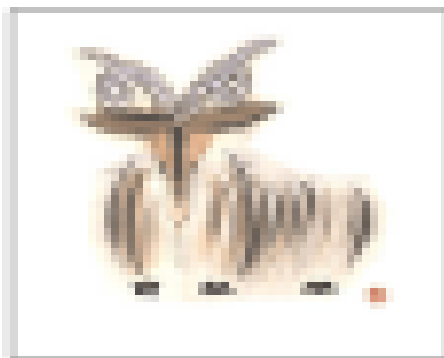
located in the **south-east**. Water will enhance this area, so a fish tank or water feature is recommended. If your front door is located in the south-east sector, you will be activating it each time you use this door.

To learn more how you can activate other positive energy locations come along to the presentation being held in on 10th January 2009. Details listed below.

You will find out how your Chinese Animal sign will handle the energies of the Earth Ox in 2009 so that you can be prepared for the year.

The information above is based on the annual energies of Xuan Kong Feng Shui which is only a part of the whole big picture. Having a full home and business consultation is totally empowering.

Xuan Kong Feng Shui can provide you with information about combination of energies to enable you to spend time in the areas of your home that will support your energy and create positivity and flow. Having a good balance can be so uplifting.



What does 2009 hold for you? ***The Year of the Ox***

When: 18 January 2009

Time: 09.30am – 11.30am

Venue Address: Australian College of Natural Medicine, 362 Water Street, Fortitude Valley.

In this fun and empowering presentation you will learn about:

- **How to implement Feng Shui in your everyday life to achieve health, flow and happiness for 2009.**
- **The Year of the Ox - what does it hold for the year. Learn about your individual Chinese Animal signs forecast for the year.**
- **How you can enhance your life in 2009.**
- **Feng Shui in 2009 - each year the energies change so it is time to review the new locations.**



- You will Learn how to maximize the positive energies and minimize the negative aspects to improve your environment.

You will receive a copy of the predictions for the Chinese Animal signs and details about the cures for the Feng Shui Year locations. Cures will be available for purchase. Presentation: \$60 includes light refreshments Lucky Door Prizes.

To Book: Phone Cheryl on 0413 845 341 RSVP - 15 Jan 2009

Or you can order an e-book with all the “The Year of the Ox and Feng Shui Tips for 2009 ” e-book available 18 January for \$48

Positive Feng Shui Tips for 2009

Your living space is a mirror and reflects who you are.

Whenever we bring home, anger, frustrations, hostility and stress, they become a part of your environment and may linger on indefinitely. This energy is absorbed into your home and furnishings

Space Clearing is a process that can move away the negative energy created by frustration, illness, lack of love, grief and misfortune. It will help clear up misunderstandings.

We hold stress as tension in our bodies, whilst our homes hold stress as a negative qi energy.

Clearing your Space will remove old stagnant and negative qi energy of 2008 and will make way for your new visions and goals for 2009....the Year of the Earth Ox.

- **Clear your clutter.** Surround yourself with belongings and things that support you energetically. Remove items that are old, unused, broken or unloved. Having positive items around you can lighten and lift your energy. Check out your bedroom and the office – remove items from the floor as this can block the energy flow and create depression.
- **Clean your home.** Clean your home after the big clutter clean out. Hire a professional cleaner and have it done well.
- **Clear your Space** to improve and lighten the energy within your environment. This a process where you open all your windows and door and then cleanse the energy within your space with clapping, ringing a bell or singing bowl, and then spraying your environment with a good quality Space Clearing Oil. Finally setting your intentions and goals for the year ahead.

Free e-book. Register today and receive your guide to:

“How to have more of what you want...everyday”



Your Year to Shine 2009

In preparation for 2009 learn how to perform the ancient ritual of “clearing your space” on this e-book.

Email: cheryl@cherylbyrne.com.au to get your copy of your free e-book.

Clearing Clutter & Space Clearing Workshop to be held in March 2009 call 0413 845 341 for further information.

New Feng Shui Service available:

“Your Day Report Forecast”

Want to be more productive and focused? This report forecast will provide you with the answers.

This service provides you with a list of “Best Days”; “Average Days”; “Bad Days”.

Based on your Chinese Animal sign you are provided with a list of *“best”*, *“average”* or *“bad”* days. The report is in calendar form and each of the days highlighted for 2009. When making important business decisions you would use a **“Best Day”** and this will align you personally with a positive vibration for the day.

Avoid making any personal or business decisions on a **“Bad Day”** and enjoy and work with the energy of the an **“Average Day”** this is a positive one.

Empower yourself with this ancient knowledge and work with the energy of the day.

Order a “Day Report Forecast” today and start the New Year in a positive way. Reports now available for 2009 at \$50 per person. Call 0413 845 341 email cheryl@cherylbyrne.com.au.

**** Best Days Forecast for Horoscope Dog**

January 2009						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

February 2009						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28

March 2009						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				



Your Year to Shine 2009

April 2009						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

May 2009						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

June 2009						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

July 2009						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

August 2009						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

September 2009						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

October 2009						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

November 2009						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

December 2009						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

Make the date work for you! "Date Selection"

Are you planning to start a new business, launch a new product or kick start a new campaign? Ready to move house, move in with a partner or commit to a new venture? If so, wouldn't it be great to know that the day you select to start this new venture is ideal for getting things under way!

The Chinese have used this process of date selection for thousands of years and this information is now available to the western world.

'Date Selection' is a Feng Shui service that assists you to select a special date that is ideal for either business or personal activities. By selecting a good date you infuse this day with positive energy and a vibration to create a successful outcome. This is what is known as a "Success", "Initiate" or "Establish" day, and is perfect for that new beginning.

Need to break up a relationship, whether business or personal, or finalise an aspect of your life? Select a 'Close' day - by selecting the right day you can create a peaceful solution and vibration for closure.

Remember, inadvertently selecting the wrong day, for example a 'close' day to commence a new business arrangement, immediately sets you up for a bad start!

To hear more about this service please call Cheryl Byrne on 0413 845 341.



Cheryl Byrne is a successful internationally trained Feng Shui Master Practitioner/ Consultant and Lecturer. She provides a fresh and professional perspective on how to use feng shui. Services provided: Business and Residential Consultations. Space Clearing. Date Selection.



***Testimonial from a client who married in NZ
"I want to pass on my deepest thanks to you and your fabulous skills. Your timing for auspicious dates for our wedding was terrific. The week prior to arriving in NZ we got news it had been the worst snow season for years and there was no snow up on the spur (part of the Remarkables where we got married). Just before we arrived the weather changed and they had a huge snow dump. Our wonderful little knoll right up top close to the heavens was picturesque-perfect. A blanket of***

white fluffy snow, a stunning view and the clouds parted and sun shined down on us for the whole ceremony. We truly felt blessed."