

This April 2011 Good News letter is packed with the following goodies...

- **Wisdom unearthed – Me not just(some)body, but part of a bigger “body”**
- **The Confidence Club update plus Joe Cocker’s rendition of “You are so beautiful”**
- **Recommended reading for your growth – I will not die an unlived life – Dawna Markova**
- **Three fabulous resources from moi to toi!**
- **Who wants to come to New York?**

Wisdom Unearthed Me not just (some)body, but part of a bigger “body”

What difference would it make if you were to see yourself as part of a bigger “body”? The way you treat yourself and your own body has an influence and impact on others – the bigger “body” of people. Re-**spect** yourself. This literally means to re-look or take a different or renewed per-**spect**-ive of yourself. It also sometimes takes looking beyond yourself to curtail your self-deflating and self destructive tendencies.

The Confidence Club update plus Joe Cocker’s rendition of “You are so beautiful”.

Get a copy of Joe Cocker’s rendition of “You are so beautiful.” It is chilling. When we played it at The Confidence Club last Sunday it sent shivers down our spines. Many of us felt a “source perspective” of ourselves in a fresh and very deep way, compared to the very limited perspective we often have of who we are.

“You’re everything I hoped for.” - a fabulous line that tells me I am perfect exactly as I am with all of my in-built talents, personality traits, interests and desires....and that I am a vital part of the bigger body or collection of people in this world.

When I say vital, I mean “important”, but also notice that it is about us being vital and alive and not just living a boring, uninspired and uninspiring life. On that note, I recommend a fabulous book called “I will not live an unlived life”. See recommended reading below.

Please also note:

- The next Sunday morning Confidence Club series begins on 26 June. [Check out the details here](#) and claim your space now to also claim your early-bird discount.
- I would love to speak to your group on Growing confidence, potential and possibilities. Give me a call or send me an email.

Recommended Reading for your growth

Markova, Dawna (2000) “I will not live an unlived life- Reclaiming purpose and passion” Conari Press

I love this book full of very descriptive, symbolic, visually stimulating and powerful words, ideas and challenges to live life fully and on purpose. Here is Dawna’s well known poem inviting you to risk your significance, risk your beauty, risk sharing who you are and risk being a vital part of life.

I will not live an unlived life – by Dawna Markova

I will not live an unlived life.
I will not live in fear
of falling or catching fire.
I choose to inhabit my days,
to allow my living to open me,
to make me less afraid,
more accessible;
to loosen my heart
until it becomes a wing,
a torch, a promise.
I choose to risk my significance,

Good News

Janelle 
the essence of being yourself...

Growing potential & possibilities

to live so that which came to me as seed
goes to the next as blossom,
and that which came to me as blossom,
goes on as fruit.

Three fabulous resources from moi to toi !

Here are some great articles and coaching questions on some great topics that align well with today's newsletter theme. I would love to get your personal feedback on how they help you.

[Body gratitude – Magnificence, not deficiency](#)

[Body rituals – Holy reverence for the temple](#)

[Nourishment - Emotional eating or soulful satisfaction](#)

If you love these, I have loads more great resources on www.janellefletcher.com and don't forget, as well as The Confidence Club, I still offer one-on-one coaching and healing. Is that for you?

Who wants to kick up their heels with me in New York?

I am heading to New York at the start of November to run in the NY marathon and I am looking for someone to come and kick up their heels with me for a few days. Anyone interested?

I also have a fundraising page www.fundraiseonline.co.nz/Janellefletcher and would love you to consider supporting me and my efforts towards raising funds for Catwalk – helping people in wheelchairs get up on their feet. Any amount is great, but I am also looking for 42 individuals, families or businesses to donate \$100+ and nominate one of the 42 kms as their own. As I run that km I will definitely be thinking of you and being incredibly grateful for your contribution. Being the enthusiastic networker that I am, I am also happy to promote you and your business with the people in my groups, one-on-one work and at events.

Go well and grow well in the month of April and Happy Easter to you all. Janelle X

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New York marathon Nov 2011 fundraising page www.fundraiseonline.co.nz/JanelleFletcher

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All advice or information in this email and on www.janellefletcher.com is intended in the best possible way, but no responsibility for it is accepted at all. Use your own personal discernment and good judgement, and seeking advice from your own professional advisors is also recommended.

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