

This May 2010 Good News letter is packed with the following goodies...

- Wisdom unearthed
- Body deficiency syndrome and Body magnificent solutions
- Synchronicity symbols - signposts to take notice of that will make your life road trip a lot more enjoyable and easy
- Inspire and Become Evening – May 28th with fashion designer Jenny Walker and Debbie Gillespie - massage therapist and healer
- Tips for dealing with the rosethorns - The gestation period is as important as the birth
- Recommended reading for your growth - Follow yourself Home - Word remedies to heal and inspire by Jane Pujji

Wisdom Unearthed

Synchronicities feel like coincidences wrapped up with meaning and purpose. JF

Body deficiency syndrome and Body Magnificent solutions - Talk and workshop - some starting steps for you

Who do you know who would like to move forward out of their stuck way of looking at their health, body and life and have some new positive things turn up for them - not to mention new found or greatly improved confidence? Imagine what they could do with that confidence?

Body magnificent - great for those of you who want to feel more confident in your skin, in yourself and get the benefits of loving that body more and breaking what I call the "body deficiency" syndrome. . It is also for those of you who are going through change and transition especially in regards to your body - eg aging, menopause, pregnancy, miscarriage loss, fertility, weight loss / gain, body image, intimacy / sexuality issues.....

For starters I recommend you head to my website www.janellefletcher.com and

- download the free Body Biography to help you look at the patterns underlying what's going on for you. <http://www.janellefletcher.com/content/Free-Body-Biography/28.aspx>
- read my article Body magnificent and how you can start having different results show up in your life and gain more confidence in that body of yours <http://www.janellefletcher.com/content/Free-Resources/29.aspx>
- consider the weekly online learning community for yourself <http://www.janellefletcher.com/itemdetails/52-Week-Membership/345.aspx>

Who do you know in the following areas? gyms, fitness centres, clinics (eg fertility, doctor's, health centres), weight loss centres, beauty and fashion places, image consultants, women's groups, business networks, grief and loss organisations, teenage groups.....?

I am available to speak to your group on this topic and/or run a customised Body Magnificent workshop for your group. See my website under "Speaking" for more details.

Inspire and Become Evening - Synchronicity signposts

I have had some great feedback about the April Inspire and Become evening with fashion designer Jenny Walker and myself as guest speaker. The topic of the night was synchronicities.

Goals are a bit like the designer cruise or bus tour through Europe. You set your travel goals, start saving money, book your tickets, get on the plane, get taken to each destination, get the photo and voila, before you know it you are back home hopefully having had a good time, but possibly feeling a bit low and searching for a new goal or destination.

Intentions are more like the road-trip. You tend to just follow the signs as you go and depending on who you meet, what you find and what takes your fancy as you go, or what intuitively feels right, different things tend to occur. You have fun on the way and the day to day experiences are what counts - not where you end up so much.

Synchronicities are like symbols or signposts that lead you on your life road trip and make it that much easier, more enjoyable and tell you that you are in the right place at the right time and heading on the right road. Here are some synchronicity signposts to watch out for, and more importantly act upon.

- Chance meeting conversation - that at the time may seem insignificant but becomes increasingly significant
- Something of yours matches something of someone else's
- Synchronicity symbol – eg butterfly
- Sensory - Hear / smell / see / touch something that may be a memory jogger that leads you back to an event / person
- Event (s) or activities have a pattern to them
- Think of someone and they contact you
- See/hear of someone or something repeatedly
- Feeling of contentment and knowingness when the right decision is made
- A person is put into your life for a reason –relationship, personal growth, business
- Deep soul feeling that what may be out of the ordinary is occurring as part of the plan
- Past lives - a person or situation feels familiar
- Visit from or memory of someone deceased
- Dream state and/or nightmares - common threads
- Healing state insights
- Read something that rings a bell for you or book falls off the shelf
- Travel somewhere and immediately feel at home in the place – almost like you have been there before
- Get an idea and suddenly things start happening that help grow that idea
- Repeated patterns eg miscarriage patterns, relationships patterns...
- Space / nothingness happens!
- Teacher and student unite
- What else????

Start noticing the signposts, but more importantly start acting on them. What signposts have you noticed lately?

Cross pollination - Inspire and Become evening May 28th

May 28th is the next Inspire and Become evening with Jenny Walker and my lovely friend Debbie Gillespie - massage therapist and healer. Debbie is speaking about the impact of our words, thoughts and deeds on our energy. Check out www.ybe.co.nz for more information and registration details for the evening - not to mention Jenny's gorgeous garments, and to find out more about Debbie, check out www.bodymindbalance.co.nz

Tips for dealing with the rose thorns - the gestation period is as important as the birth

Yesterday I received an email from a family member with the following quote:

"A lot of folk grumble because God put thorns on roses, but it is better to thank Him for putting roses on the thorns."

This was apt timing considering I felt a little discouraged yesterday, and this quote reminded me of where I am to put my focus and attention. It also reminded me that a rose is "beauty" in all its phases of growth and that its thorns are an aspect of a rose that makes it "who or what it is". The hard stuff in your life - unique to you and how you deal with it is what gives you your unique essence.

Being Mothers' Day yesterday, it reminded me too that the gestation period is valuable for the birthing and health of the baby - no matter what form that "baby" takes - be it a new project, job, relationship, new parenting role.... So when you feel you are in "waiting" mode or in development phase - acknowledge and validate yourself for each and every step rather than see the top rung of the goal ladder that you haven't yet reached. It is those steps that are your life road trip, that are to be enjoyed.



Good News

Janelle 
the essence of being yourself...

Growing potential & possibilities

Recommended reading for your growth

Follow yourself Home - Word remedies to heal and Inspire by Jane Pujji www.wordremedies.com It is a gorgeous book of poetry that really hits the core of what many of us feel or experience particularly in regards to ourselves and to our low moments that often occurs during times of change and transition. I have intuitively used her poetry with some of my clients and they have always been spot on and have helped them move forward out of stuckness.

Janelle X

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Growing potential & possibilities

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