

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

- **Wisdom unearthed** – “Our stumbling blocks are often our starting blocks.”
- **Cross Pollination** – There’s more to the Swiss than great Toblerone! A night out not to be missed!
- **Reinvent Yourself and What’s Possible** – event line-up for 2012 – Do you want to make a difference?
- **Recommended reading for your growth** - “Freedom Is – Liberating your Boundless Potential” by Brandon Bays

## Wisdom Unearthed “Our stumbling blocks are often our starting blocks.”

I have again gained numerous personal insights this week about freedom. What can seem to be our “prison”, our obstacle, our fall-out with someone or our feeling of restriction, limitation or stumbling blocks, can indeed be our new starting blocks.

How did I put my personal insights about freedom into practice this week?

- Instead of focussing on my recent injuries and my run being my longest ever training run this week, I gave thanks (as I ran) that I had the ability to run freely, the freedom of time to be training in the great weather and the freedom of movement and health in my body. It was my strongest run ever!
- I spoke at the **Soroptomist International club** this month – a global women’s group on the North Shore – reminding the ladies that it is never too late to reinvent yourself and what’s possible. Turning points (health issues, age, loss of mobility or body function, retirement, menopause, loss of spouse.....etc) which can often be difficult moments or perceived as stumbling blocks, can instead be the impetus we need to start life afresh. Freedom is the choice of using our turning points to get out of our comfort **BOX** or familiar zone, start actioning our **BUCKET** list and have the freedom of mind-set, heart-set, word-set and action-set to allow things to manifest out of our **BOWL** of possibility.
- I wrote daily to someone in prison (even though they couldn’t read my skype or text messages) encouraging them to see possibilities rather than restrictions, hope rather than despair, love versus anger. I also reminded them how special they are to me and what an important part they have to play in society. My belief is that this person “gets” what I am sending, and my faith like the mustard seed knows that home (and justice) is a stone’s throw away!
- I approached someone who was feeling annoyed and judged by me to tell them I cared about them.
- Again I put out my intention that New York in a couple of weeks is not so much about the slog of a marathon, but about a new starting block, so my mantra has been “Game on, I am ready. Bring it on!” After months and in fact a few years of what have felt like stumbling blocks, slowing down blocks, “dead-end blocks” or “I still haven’t found where I fit” blocks, I can actually feel the excitement and curiosity as to what is opening up and about to get started.
- Stumbling blocks to starting blocks was also the theme of the **radio show** I was guest on last Tuesday with Pat Armitstead. **[Listen in here to last week’s show](#)** or any other Tuesday night on Planet FM104.6 to hear other great guests.

## Cross Pollination – A great night out – There’s more to the Swiss than great Toblerone!

You may have never been interested in or exposed to anything Swiss before or you may never have tried their cuisine except perhaps for some great Toblerone chocolate! Here’s your chance to broaden your horizons and come and join me for a night out filled with some great Swiss hospitality and entertainment on November 20th.

My friend and fellow runner Pia is organising a fundraising evening for our New York marathon charity CatWalk Spinal Cord Injury Trust. It’s an evening of Swiss entertainment - Swiss Kiwi Yodlers, the sound of Alphorns and mother-daughter Yodel duet Pia and Ursula Wittwer. It’s cheerful (the music that is) and yum (the food of course) and it’s a great way to celebrate our completion of the New York marathon. Here’s hoping we’re walking again by then! [Details here](#) and call me for tickets on 09 479 4951 or 021 756 280 or email me at [janelle@janellefletcher.com](mailto:janelle@janellefletcher.com)

Can’t attend? You can still donate online at [www.fundraiseonline.co.nz/PiaWittwer](http://www.fundraiseonline.co.nz/PiaWittwer) or [www.fundraiseonline.co.nz/JanelleFletcher](http://www.fundraiseonline.co.nz/JanelleFletcher)

## Reinvent Yourself and What's Possible – Janelle's inspirational events in 2012

- **What have you got to offer others regarding your own life experiences, turning points and moving forward positively?**
- **Are you emerging talent that wants exposure inspirational events?**

I am organising a line-up of special guests for a series of monthly inspirational events in 2012 with the theme being Reinvent Yourself and What's Possible - Positive angles on difficult turning points.

The focus is about your personal walk and talk, your personal insights and breakthroughs and the wisdom you can share with others about your turning points and journey to date that will make a difference for others. Topics are vast and varied – eg health hurdles, depression gone right, finding your voice after loss, “abilitating” accidents, awakening intuition, good grief, revving up relationships, mothering madness, loving aloneness, seeking your soulmate, money matters, time rich and on a budget...The possibilities are endless.

If you personally would like to share your life experiences and wisdom and be interviewed at one of these events and/or you are an emerging creative talent or entertainer, then I would love for you to contact me on 09 479 4951 (hm/wk) or 021 756 280 (mob) or [janelle@janellefletcher.com](mailto:janelle@janellefletcher.com)

I am also looking around for a cosy café style venue – inner city or North Shore that would host approximately 75-100 people and offer a “living room” atmosphere for these events. Be in touch with your suggestions.

## Recommended Reading for your growth

### Freedom Is – Liberating your Boundless Potential by Brandon Bays (Hodder Mobius)

Last summer when I was on holiday in Australia with my children, I had the pleasure of returning to one of my favourite places and spiritual havens in the world Bryon Bay. That place for me holds magic, great synchronistic and moving forward moments, not to mention that it offers me a place of stillness and regeneration each and every time I go there.

Even better this last time I got the chance to meet and listen to Brandon Bays in Byron!. Never have I met someone with such clarity, compassion, calmness and joy of living in someone's eyes. “She sparkled”, is all I can say.

Some of you will know Brandon Bays from her work “The Journey” - having healed herself of an enormous ovarian cancer. This subsequent book is about freedom on all levels of being and a direct living experience of it. It's well worth a read!

## Go well and grow well for the remainder of October!

### Janelle

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