



Taking Steps

The Newsletter

If you always do what you've always done, you'll always get what you've always got!

July 2006

New Dates for Workshops and Courses At The Traditional Acupuncture Centre, Leamington Spa Tel (01926) 450990

Making Choices, Making Change

based on Life Coaching
and NLP (Neuro Linguistic
Programming)

Seven Week Course,
Commences Tuesday
26th September 9.30 am
to 12.00pm

(excl. 24 Oct)

Where are you now in life
and where do you WANT to
be?

Are fear and negative thinking
preventing you from taking
control of your life?

This course covers: goal
setting, health and fitness,
managing time, work/life
balance, procrastination,
assertiveness, increasing self
esteem and more.....

Guaranteed to motivate you
to make those changes to
your life!

£85 £10 deposit

Ruth Guy

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Life Coach and NLP
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Love Yourself, Heal Your Life!

Workshops and Courses based on the work of Louise L Hay, Shakti Gawain
and others

One Day Workshops

Saturday 16th September
and Saturday 4th
November (9.00am to
5.00pm)

Learn more about the body/
mind connection and how to
release negative beliefs that
hold you back. Learn to love
and accept yourself and others
more fully.

£60.00 includes light lunch.

£10 deposit

You've probably heard about
Noel Edmonds, host of Deal or
No Deal, and how he used
'cosmic ordering' to turn his
career around. Ordering from
the Cosmic Kitchen is part of
the Louise Hay Workshops and
Courses and is based on a book
of that name by Dr Patricia
Crane. The book reminds us of
The Law of Attraction which
brings us what we focus on. If
we want to earn more money,
but are constantly thinking
about the lack of money in our

Five Week Course I

Commences Wednesday
20th September from 7.00
to 9.00pm

Create positive changes in your
life. Release negative emotions,
forgive others and open the
doors to more love, confidence
and happiness. This course is
similar to the One Day
workshop but there is more
time to fully explore all the
issues, and it's a very good
opportunity to come back for
more, after completing the
workshop!

£75.00 £10 deposit

Five Week Course II

(Follows on from Course I)
Commences Wednesday
8th November from 7.00 to
9.00pm

Understand your family
dynamics better, create more
harmonious relationships, gain
more confidence, love your
work, enjoy prosperity and
focus on positive health!

£75.00 £10 deposit
(£20 discount if paid together
with Course I)

Cosmic Ordering

life, our negative thoughts
prevent us from receiving what
we want. If, however, we are
ready to let go of our limiting
beliefs about prosperity we can
put cosmic ordering principles
into practice and focus on
abundance. Louise Hay
reminds us of the simple truth
that, throughout life, what we
give out, we get back. If we
want more friendship in our
lives but feel deep down that
we do not deserve them the
cosmos will respond to our

feelings of low esteem and
affirm that we do not deserve!
The fundamental starting point
for changing our thoughts and
beliefs is to love and accept
ourselves. In doing so changes
take place that affect our whole
outlook on life in the most
surprising and exciting ways! If
you would like to learn more
about Ordering from the Cosmic
Kitchen I have copies of
Patricia's book available for
purchase.

NLP—how we create our map of the world

If you attend a meeting or a
social event you will leave with
a fairly clear idea of what took
place. Or will you? Try
comparing your version of
events with a colleague or
friend and you will notice huge
variations.

One of NLP's pre-suppositions
is that 'the map is not the

territory'. We create our own
'map of the world' based on
our experiences in life by
'filtering' what happens around
us. We do this in three ways:
1. generalizing, (young people
get all the exciting jobs)
2. distorting (I do my best work
under pressure)

3. deleting (Everyone seemed to
agree with me)

Being aware that our map is not
anyone else's map we can begin
to communicate more
effectively with others. We
accept, and expect, different
Interpretation of events and

can develop more
consideration for what others
are experiencing. We have all
developed beliefs about the
world but it can be liberating to
see them as just that—beliefs.
They are not the reality
(territory) and do not need to
hold us back from making
positive changes in our lives!