



MESSAGES & INSIGHTS

May 2016



Hello Everyone,

Welcome to May's Newsletter! The topic for this month is 'Who are you?'

Recently Hay House hosted an online world Summit where there are presentations from well-known people in the field of health and healing .

One I watched was called 'The Shift' from Wayne Dyer, it was presented as a little movie, easy to watch and the message really resonated with me. In this newsletter I am expanding on one of the points he made and how it made an impression on me.

One of the things that he spoke about was how we define ourselves by the job we do. This originated from the early years of the Middle Ages. Surnames came into place to be able to differentiate people within the growing populations.

Our names may have come from distinctive family traits or what we did. Someone who worked as a black smith may then be known as the Smith family. A name might also refer to a person of social status, such as Squire, Knight, or Bachelor.

For centuries we have been defined by what we do and how we look, or social status, even now we still do, leading onto if we didn't achieve our names rights or legacy this can lead to struggle and unhappiness.

The problem is our modern world is ever changing with varied job descriptions available. It is estimated most people will change careers 5 to 7 times in a lifetime. If one of the guidelines we are used to defining ourselves is job description then no wonder many people can get confused and disoriented about who they are.

With my generation, you left school and quite early decided on a career or calling and most of us in this age bracket still tend to define ourselves by these guidelines. For young adults now these guidelines have changed, though society still teaches to measure yourself by achievement of what you do. How confusing it is.

Upcoming Events

- Developing your intuition and clairvoyance course will commence on the 12th of June. Please see the website for more details or contact Euphemia.
- Our group meditations run every 2nd and 4th Wednesday of the month. Next meditation is on the 25th of May.
- Please contact me for a one-on-one session - finding your rhythm and grace.

It is time to broaden the guidelines and perspectives of how we view ourselves.

The awareness is to look at ourselves from a new perspective, and explore and see who we are and step back from what we do. To recognise that who we are is a multitude of things and develop this. Wayne Dyer calls it finding the music in us. When we find and regularly connect to the music within us we feel who we are. The work we do could very well be what brings forward the music within us, though it is not the only thing, and sometimes our work is the avenue that provides the income that gives us the freedom to pursue what makes our heart sing. A simple example is, you may be a parent, a wonderful and fulfilling role, this is not all of oneself though and exploring our likes and what also makes our heart sing expands our being present and happy in our daily life. Another example - if you like to write, your career may afford you the time and experiences to write about. At the end of the day, its all about balance and recognising we are made up of many parts, and to define ourselves by a few areas can be limiting. Open the horizons and cherish all parts of self.

Cheers, love and light

Euphemia xo

Current Star Sign: Taurus

Happy birthday to those born in this month!



Born between: April 20th - May 20th Birthstone - Emerald

Those with the Taurus sign are perfect partners in friendship and love as they're loving, loyal and understanding. However those born under the Taurus sign at times can be stubborn but always are patient and generous.

Specials

Time is running out! Get in quick to book the below offer.

For the month of May, book three appointments and pay for two.*

*Conditions apply – appointments must be made in May and first two appointments paid for to receive the third for free. Offer ends 31st May.



Little Bits for this Month

Domestic Harmony – Use of colour

- Soft Blue for gentle communication and calmness
- Oranges, the gentler shades of peach for creatively bringing harmony to relationships
- Bright vibrant shades for clearing unwanted energy from the house



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