

AS ABOVE SO BELOW E-Newsletter



AS ABOVE
SO BELOW

AUTUMN 2010

Autumn is a beautiful time of year and clearly shows us that nature is giving us signals how to bring balance into our lives. Our reactions to the weather, the sunlight and colours are all indications of what to do and how to behave. You automatically want to nurture yourself with warmer clothes, a cosier space to sit and be still, warm food for comfort and inside activities are more attractive.

Autumn is a time to begin slowing down from the celebration of summer. The sun is less obvious in the sky, the heat less intense. It is now time to rest, rethink, reorgan-

ize and restore. To let go of what has not served you to this point, your thoughts and habits and prepare for productive time spent indoors with the people you share your life with.

Winter is a time to rest, recuperate, re-energise and reconnect. By spending time indoors you are gaining time to reflect, go within and take responsibility for past actions. Gain a new focus for the future. It is time to be gentle with yourself - gentle movements and exercise to keep the body flexible and fluid. Gentle thoughts as you let go of outworn ideas and habits.

Spring is a time to begin stretching the body and

mind. To wake up and plant new seeds, embrace new ideas. To take action with a bright, energetic, positive focus on what you want to achieve as you feel the desire to go outside.

Summer is time to reap the rewards and celebrate. Your journey of rest, exercise, introspection and positive action presents you with wonderful opportunities to enjoy nature, laugh and rejoice people and activities in the outside world. **Have Fun!!!**

Moira & Louise invite you to read on



Working too hard & emotionally overloaded and want to know how to stop...

Moira Williams of AsAboveSo Below conducts regular meditation classes for introspection and ongoing healing and alignment. She has individual consultations for Energy Alignment, Emotional/Spiritual Healing and Metaphysical Counselling to reduce stress and emo-

tional overloads that come with our high tech, busy world. **Meditation** is the best method to bring about transformation and nurture the natural qualities within. It is a necessary technique to practice for a healthy nervous system.



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Special points of interest:

HEALING

- Mental—Keep self talk/thoughts positive.
- Physical—drop your shoulders, breathe deeply and smile.
- Spiritual—Observe yourself. Be & do what makes you proud.
- Emotion—feel a happy feeling and make it the feeling you choose to focus on.

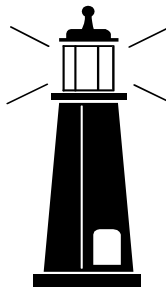
‘Within....Looking within to find the answers

What do Clint Eastwood, Richard Gere, new age Indian Guru, Dr. Deepak Chopra have in common? The answer is, they all meditate.

When nothing appears to be going right or your way, one tends to begin to question what is happening. “Why is this happening to me?” “Why me?” and it goes on and on....because that’s what the mind does....you ask it a question and it will go and find the answer...even when you are sleeping.

In recent years with substantial personal and professional

changes, I too did some soul searching and decided to do things differently. Life is not good or bad, it is opportunities to experience people, situations, actions and make choices on what you want to create. It is an opportunity to discover who YOU really are and how you wish to be. It is a process to fully awaken to how



you may be living and behaving like a programme on a computer. Your **THOUGHTS** and **BELIEFS** may have served you up

to this point but by reflecting and expanding upon them, you encourage more love and joy into your life. By taking time to separate your cluttered mind from the past, to find clarity in the present you have found freedom to begin creating a new experience. This all begins from within and this is the gift and joy of taking responsibility for your self rather than the usual human behavior of blaming others or the outside world. **Regular Meditation Classes and Individual Consultations are available. Phone Moira on 0402 257 456**

Ralph Waldo Emerson said, ‘ what was in the past and what we do going forward is so small as compared with what is within’.....

Inside Story....

Your Intuition...you were born with it...tune in...what do you feel?

At times of reflection... You have found yourself in the middle of a relationship crisis, wondering how it all went wrong. If you take the time to gently reflect through your relationship story and observe your actions you “knew” from time to time that

things weren’t quite right. You obviously chose to ignore the FEELING or let your values drop away if your questions and requests were not met with approval. Now in your reflection you may be wishing you had listened to yourself.

The important thing is to recognise that inner voice, that knowing, gut feeling that now in reflection you identify as something you did not follow and Trust. Get to know it, become more familiar with your power to know things (the phone rings

What do you feel?

and you know who it is before you answer).

The more you Trust Yourself, the less you need to be concerned about others actions and motives.

The Story of the “TWO WOLVES” teaches us a lot:

One evening an old Cherokee told his grandson about a battle that goes on inside people. He said, "My son, the battle is between two wolves inside us all. "One is Evil - It is anger, envy, jealousy, sorrow, regret, greed, arrogance, self-pity, guilt, resentment, inferiority, lies, false pride, superiority, and ego.

"The other is Good - It is joy,

peace, love, hope, serenity, humility, kindness, benevolence, empathy, generosity, truth, compassion and faith."

The grandson thought about it for a minute and then asked his grandfather: "Which wolf wins?"

The old Cherokee simply replied, "**The one you feed.**"

Knowing when to STOP

There are really only one of two options: You can continue trudging through your day-to-day activities like a good little robot, or you can say “Enough”

How often we have heard ourselves make this comment and then we slump back in a chair wondering what to do about it.

Moira Williams of AsAbove SoBelow & Louise Corica of time2manage can show you how to achieve it all.

What does this mean to you? It's information to consider.



People are working harder and longer these days. Nevertheless, it's important to look at your individual situation, and to look at it objectively. Is the overload you are experiencing temporary? Is there an end in sight? If so, you may want to wait it out.

However, if for the foreseeable future, you see yourself working day and night—night and day—it could be time to take back control of the balance you have in your Business & Work Life.

Ask yourself: Do you feel the quality of your work and your life are suffering?

If the answer to this question is a resounding “yes”, you owe it to yourself to do something about it NOW.

Your time to act is NOW...

Why Waiting May Not Work

Experts say many Business Owners forget to play, and Managers aren't aware when an employee is at breaking point.

The irony is because people are working harder today and the pace of the workplace has become faster; it's become business as usual (or “BAU” the acronym we are all familiar with to speed through the days, weeks and months—to make things Happen!!! Not to mention that YOU and your boss probably are just as heavily workloaded to even respond. Would they

in fact hear you? Another factor is your own inability to recognize your situation. (Whether this is right or wrong doesn't matter; it is what it is.)

Quality Counts: The two key issues for you are *quality of work* and *quality of life*. When it comes time to evaluate the tasks you undertake in a day whether its personal or in your job performance, the quality of your work weighs heavily in terms of

CHANGE

Mental, Spiritual, Physical & Emotional...

business success, salary increases, promotions. Put another way: If the quality of your work is suffering because of overload, it may come back to haunt you. I am hearing many Executive men and women groaning at this point. If your personal relationships, your health, and/or your overall outlook are suffering, it's time to take a look at the **SOURCE**. If that source is work overload, sit down today and **CHANGE it**. You owe it to yourself.

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time2manage ‘Business & Work Life Plans’

Louise of time2manage

conducts Business & Life Plans Workshops for Executives & Business Owners who need to not only become organized and productive in their business, but recognize the need to bring a balance back into their daily lives to achieve greater productivity and success in their business. An aspect of one of the Workshops,

Louise as a Reiki Practitioner can take you through a session to channel energy in a particular pattern to harmonise and heal. Reiki restores order to the body whose vital energy has become unbalanced.

Explore how a positive and clarifying Reiki session/meditation can free you from the ‘overload’.





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Testimonials: *"I have been receiving healings from Moira for about 6 months. She was highly recommended from a friend. I have found that her energy is inspirational. She is very passionate about what she does and I cannot thank her enough for what she has done for me. Her warm caring nature comes through in her healings. I also attend Moira's meditation class and I have now learnt how to meditation properly. Thank you Moira"* (Michelle Smith).

"Thank you Louise for the opportunity to be part of one of your Workshops by putting balance into my business and private life. With my business expanding at over 100% my thoughts were confused. I knew what to do but couldn't find a starting point. The Workshop solved that problem. Its now full steam ahead with a clear mind." [Allan, Accountant and Business Owner]

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Time2manage

**Business
Management
Solutions**

Check the website

Time for Thanksgiving and Restoring Balance

Moira Williams founder of **As Above So Below** is an empathetic, supportive spiritual and emotional healer. As a Metaphysical Counselor and Meditation Teacher, Moira has a natural ability to remove negative energy and channel Healing Energy enabling you to regain Balance in your life.



DATES TO REMEMBER:

17.3.2010 St Patrick's Day

2.4.2010—5.4.2010 Easter

9.5.2010—Mothers Day

Check out the website for Special "Mothers Day" Voucher Options



Louise Corica founder of **time2manage™** is a positive, motivated & confident business woman. Her qualifications and Management & Leadership skills will help you & your teams increase productivity in your Business & Life Plans. Louise will teach you tools to relax, increase productivity like never before, whilst showing you how to manage your time & set goals that work for you.

