



NEW YEARS RESOLUTIONS 2009

Make 2009 your best year yet!

As another new year commences, many of us are thinking of making New Year's resolutions and changes in our lives. By February at the latest most of these New Year resolutions will have been broken and discarded.

But there is a way to make these changes last!

The main reason that most of the resolutions we make don't last, is because we are not making resolutions which are based on what we truly want to change but instead feel driven to making them based on what we think we "should" change in our lives. If your new year resolution has its foundation based in what you "should do", then it is doomed to failure straight off.

Instead, what you need to do is sit down with a pen and paper and first of all write down the five (or more if you have the time) most important values about yourself that you believe matter most to you. This could be your family, career, your personal beliefs such as your body weight, your hair etc.

Then identify on a scale of 1-10 how happy you are with these values as they are represented in your life at present?

Focusing on the values that you scored lower, prioritise these values and taking the one that you have prioritised as number 1 on the list, decide how you could improve your satisfaction with how this value is represented in your life. In other words, decide how you can change this around so that you are happier with it.

Think of how much different your life would be if you had scored this as a 10 instead of the number you gave it, how would your life be different? How much better would you feel about yourself? Really get a picture now in your mind of what you would see, hear, feel and know as you look around your everyday world now, having this value at its best possible score in your life? Really get into that picture, and sounds and feelings and now, make your resolution to achieve this goal in 2009. Knowing that anytime in the future that you may lose sight of this goal, that all you have to do is close your eyes and bring back that picture of you succeeding, hear what you hear, see what you see and feel how wonderful you feel now that you have achieved it so easily. Having this wonderful way to get back in alignment with your goals is a sure fired way to success.

This is a very small example of how a very powerful new technology of using all of your brain for a change works. This technology is called NLP, or Neuro-Linguistic Programming. It is a powerful set of tools and techniques which help people to identify any underlying limiting beliefs, repetitive patterns of behaviour and fears which are preventing them from living the life they want.

It shows you how to eliminate these restrictions from your life and replace them with useful beliefs, behaviours and actions which propel you forward very quickly to having the life of your dreams NOW!

Neuro refers to the neural connections in the brain, and how our thinking and beliefs govern our actions.

Linguistic - the language we use to communicate with ourselves and others.

Programming - patterns of thinking and behaviour we learn throughout life.

By having useful beliefs, patterns of behaviour and communicating effectively, we can literally change our lives.

As a Master NLP Practitioner with coaching skills, I assist people in letting go of unhelpful behaviours, fears, phobias, and patterns which are effectively holding them back from moving forward and replace those patterns of behaviour with useful and effective behaviours. I also help them to identify new beliefs and strategies to get them from where they are now to where they want to be. This can happen in one session depending on the individual.

An NLP session lasts two hours and may involve some form of trance/altered state work, which simply means the person is in a totally relaxed state, and their subconscious is unhampered by interruptions from their conscious mind, which means they are more

open to learning new patterns and also allows the brain to easily make new neural connections thus making change easy.

Some of the areas where NLP has proven effective are:-

Stress reduction, Confidence building, Goal Setting, Motivation, Curing Phobias, Relaxation, Weight Management, Emotional patterns such as Depression, Fears, Anxieties, Panic Attacks, sleep disorders. It can help you to Stop smoking, nail biting and other addictions.

Effectively, NLP makes the life you want to live a reality now!

For an appointment contact me at 087-7641818 or info@spiritualrays.com. Read more about NLP at www.spiritualrays.com.

**LIVE THE LIFE YOU WANT
THIS IS A BRAND NEW COURSE**

Fed up with your life, want to make changes but don't know where to start? Well this is the course for you!

Making change is easy with NLP!

Identify what it is you want in your life, learn what your true goals are, find out how to motivate yourself to reach these goals and live the life you want.

We will explore all of this together on this one day course and you will be given copies of the exercises to take away with you so that you can continue to create the future of your dreams.

Live the Life you want is a powerful course and personal transformational journey for you to get from where you are to where you want to be!

Can you really afford to miss it?

ONE DAY THAT REALLY CAN CHANGE YOUR LIFE!

FEBRUARY 2009

MARCH 2009

€150

Rainbow Angels Course

Colour is simply light of different wavelengths, and each colour has its own specific wavelength and vibration. Each colour resonates with energies in different areas of the body.

We absorb colour energy through our eyes and also through our skin and our Aura. By working with each of the seven rainbow colours we are working with each of the seven energy centres and each corresponding physical part of our bodies.

This is one of the reasons colour healing works so well.

By working with the Archangels of each colour ray, we experience a heightened energy vibration which amplifies the healing power of each colour.

We are attracted to different colours each day and by learning why and working consciously with the Archangel of each colour, we can bring healing into our lives on a daily basis.

On the workshop we will connect with the Archangels Light Rays and tune into the distinctive healing energy of colour. The Archangels energy is gentle but a powerful healing energy, we will make this connection through various meditations and exercises.

**16th January, 2009
10am to 5pm
€100**

[Pay Deposit Here](#)

INDIAN HEAD MASSAGE AND WHAT IT CAN DO FOR YOU!

This wonderfully relaxing, yet invigorating form of massage dates back many thousands of years and has its origins in the

ancient Ayurvedic system of medicine used in India. Over the centuries, families in India have used head massage as a form of social bonding and regularly give each other head massages. Indian women have long used massage to ensure luscious locks of hair, making it stronger and fuller; and soon Indian families were using head massage as part of a social ritual, regularly giving each other massages and passing the techniques down through many generations. In fact, our word for shampoo comes from the Indian word *champi* meaning head massage which was often given to Indian men in barber shops.

Now a popular form of massage in Western society, Indian head massage focuses on the upper back, shoulders, neck, scalp and face to ease stress and tensions in the muscles and joints.

What happens during a treatment?

The treatment is non-invasive and a client is not required to remove any clothing (just any jewellery which may impede massage). After an initial medical and lifestyle consultation, the client is seated in front of the therapist who then applies various massage techniques, starting with effleurage and incorporating kneading, compression and friction over the neck, shoulders and then scalp. The treatment will also include light effleurage and stimulation on the scalp. A treatment can be invigorating or relaxing as desired and will last around 30-40 minutes. Either way, many clients often nod off during a treatment and so a therapist will allow 5-10 minutes at the end of the treatment for the client to have a glass of water and refresh.

Oils may be applied during the scalp and face as part of the treatment (such as olive oil, almond oil, coconut oil and jojoba oil, all of which have their own unique properties).

How can it help me?

The benefits of Indian head massage are wide ranging. Muscular tension is relieved as the massage relaxes muscles and nerve fibres in the head and shoulders. Circulation is improved, thereby increasing blood flow and bringing fresh oxygen and nutrients to the muscles and joints. Fresh

nutrients reaching the hair follicles will improve the hair's condition whilst improved circulation allows extra oxygen to the brain, which promotes clearer thinking and improved concentration. Indian head massage also encourages release of endorphins from the brain which can help relieve emotional stress and depression. Improving circulation and increasing lymphatic flow helps the elimination of waste products and toxins. On an energetic level, the energy centres of the body (known as chakras) will also be stimulated and balanced, allowing free flow of energy around the body. There are seven major chakras in the body and Indian head massage focuses on the crown charka, the third eye charka in the forehead and the throat chakra. Working on these chakras will also have a positive influence on the other chakras around the body thereby balancing one's entire body, mind and spirit.

Indian head massage is beneficial for many ailments including headaches, migraine, tightness in neck and shoulders, and helps to relieve sinusitis by draining the sinuses. Sleep disorders such as insomnia can be treated, whilst it has also been reported that the ringing in the ears known as tinnitus can be reduced. With the increased use of PCs and laptops, many people find they are suffering from eye strain caused by tension in the surrounding muscles. Indian head massage can help relieve this tension, allowing eye strain to melt away.

Stress - the modern day disease

Stress and anxiety are two of the major health issues of modern-day living; and both can be improved through Indian head massage. Not only does the improved circulation to the brain allow for better concentration but the energy centre in the crown chakra is balanced. Most importantly, just being touched stimulates our nerves and leaves us feeling nurtured and cared for. Stress affects the whole body and many ailments and health problems can arise, including digestive disorders, mental fatigue and poor skin to mention a few. By easing stress through massage of the upper body, we can have a direct positive influence of the health of the rest of the body.

What can I expect after a treatment?

After a treatment, you may feel light-headed, tired or have a headache. This is completely normal and symptoms will only

last a few hours. It is advisable to rest after a treatment, ensuring you drink lots of water to help flush out any toxins that had previously stagnated but are now being removed due to increased circulation and lymphatic flow. Certainly alcohol should be avoided and meals should be light for several hours afterwards. Looking at a client's symptoms in a truly holistic way, a therapist may also suggest other lifestyle improvements. For example, if the shoulder strain is due to bad posture then perhaps seating arrangements in the office need to be considered, whilst eye strain may be a sign that a visit to the opticians is required.

As with all complementary therapies, there are instances when Indian head massage should be avoided. If you have had a recent injury or fracture in the neck or head, a fever or high temperature, any circulatory disorders, history of blood clotting, cancer, epilepsy, diabetes or osteoporosis then it is advisable to speak to your GP first before embarking on a treatment.

Whether it's for relief of a specific ailment or just to treat yourself to a relaxing hour, Indian head massage is a wonderful therapy to experience.

**BOOK AND PAY FOR 2 INDIAN HEAD MASSAGE
TREATMENTS
BY 31ST MARCH 2009 AND GET A THIRD FOR *HALF-
PRICE!*
COST OF ONE TREATMENT €60**

[Book Now](#)