

IN THIS ISSUE

Let the Sun Shine in
your life now!

Heal yourself with
Reiki

LET THE SUN SHINE IN YOUR LIFE!

You may think that this is not possible in current times...but this is precisely what you need to do!

Remember, the best things in life are free!

I hear you saying, "Yeah! food and drink aren't free, paying the household bills aren't free etc"!!

Well that is true but take a moment to consider this.... Yes we need money to survive, and to get money we need a job. However you can use the time before you take your next job wisely. It is precisely at times like this that we get a different view of our lives, we get to take a different perspective on things, which is good.

You may have lost your job and may be feeling that your world has ended as a result..but thankfully life goes on and change is a natural cycle of life! In fact, life is a series of changing cycles...as one door closes, others open before you....

Consider this as simply an opportunity for you to review your life...I urge you to grasp the opportunity with both hands, use your free time to sit down and take this wonderful chance to decide what is important in your life.

MAYBE:-

- there is a job that you would like to be doing but never had the courage to change your life to pursue.
- you have secretly wanted to go to college or classes to learn a new skill or pursue a dream...of learning how to paint or draw, play an instrument, or some other skill...

Make use of your precious time and consider:-

- a review of your life - what do you want to change now?
- What are your goals for the future?
- What is most important to you in your life?
- How will you achieve your goals?
- Devise a step by step plan for the future?
- What can you do now?

All of these questions and more are what you need to consider so that your future is planned to tailor your desires and bring you the happiness you so

YVONNE'S UNIQUE PRODUCTS

MEDITATION CD'S
VISIT

www.spiritualrays.com

HYPNOSIS CD'S

www.focusedsolutions.ie

rightly deserve now and in the future.

As a trained and qualified Life Coach I would be delighted to help you through any temporary challenges you may be facing...you may need help with the above exercise or with other issues such as:-

- Improving your self esteem
- Improving your self confidence
- Overcoming other challenges you feel are preventing you from living the life you want.

If so contact me to arrange an appointment, I am offering a discount for the month of May in Life Coaching sessions, so take advantage of this price reduction to plan your future now!

DISCOUNT AVAILABLE ON LIFE COACHING SESSIONS

PH: 087-7641818 FOR DETAILS

www.focusedsolutions.ie

YOUR FUTURE IS IN YOUR HANDS! IT'S YOUR CHOICE!

**HEAL YOURSELF, FAMILY & FRIENDS
WITH REIKI**



**A Powerful Stress Reduction Therapy
Reiki is Japanese for
"Universal Life Force Energy"
LEARN THE ANCIENT HEALING ART OF REIKI**

**REIKI I - SELF HEALING LEVEL - €250
(Book with a friend ~ Discount €20)**

You will learn about:-

**Reiki principles ~ Reiki history
~ Spiritual and psychic protection~
Healing Angels ~ Chakras
Hand positions for healing yourself/others
Grounding ~ Clearing your Aura/energy field**

Cleansing & Protection
Partake in meditations ~ Practice giving/receiving Reiki
Reiki I Attunement ~ Reiki I Manual
Reiki I Certificate

Yvonne Clarke
Holistic Teacher
NLP Master Practitioner & Life Coach

ONE DAY ANGEL WORKSHOPS

087 - 7641818



YOU CAN BOOK & PAY ONLINE AT

www.spiritualrays.com

info@spiritualrays.com

[Unsubscribe to this newsletter](#)