

**ESSENCE
FOR
ABUNDANCE**

POINTS OF

INTEREST

- Be happy with the process
- Enjoy your little accomplishments
- Enjoy who you are becoming every day
- Success is a gratifying pleas-

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EMPOWERMENT

Live The Life You Love

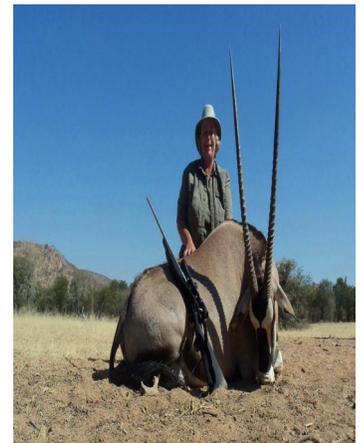
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IN SPIRIT WITH SUE WAKELING

Sue Wakeling is an inspiring adventurer who lets nothing hold her back. At age 64, Sue is a woman with many skills, talents and resources, loves nature and has a passion for hunting. She knows how to survive! While attending a Sportsman Show event in Toronto, she met Johann, a professional big game hunter who was promoting excursions for his business, "Shona Hunting Adventures". On July 22, 2014 after a year and a half of saving and planning, Sue and her husband Doug boarded the first of three airplanes that began their two day journey from Toronto, Can. to Namibia, Africa. The couple was housed at the Lodge, located on 16,381 acres of land for 11 days. Other sight-seeing and tours that were included in Sue's adven-

ture were a trip to Etosha National Park, riding ATV's in the desert, a Cheetah Sanctuary and visiting a Himba, native village. They were able to choose which big game they wanted to hunt. Sue chose a Gemsbok and Doug hunted a Gemsbok and a Kudu. The meat from the hunt feeds the staff and the rest is sent to a nearby village to feed children who are living in an orphanage. Sue planned this trip around a knee surgery that she had done after she returned home. She is willing to go anywhere and is already planning her next adventure in August 2015 to visit a friend in Prague, Czech Republic. In Sue's opinion, "plan financially when you are young for your retirement. If you wait until you get there it's too late."

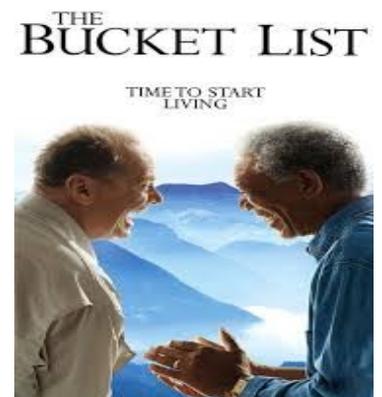


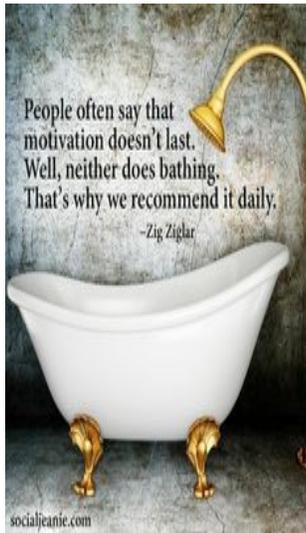
<http://shona-adventures.com/>

WHERE IS YOUR BUCKET LIST?

Living a worthwhile, satisfying, fulfilling and successful life is nothing more than a series of events that have been purposely chosen, created and then experienced by you. It is a series of smaller goals that have been planned, worked towards and brought into reality as a way for you to express the joy and pleasure of creating your own

life. It is fun and exciting to know that you can choose your own destiny and live the life you love with a little planning, budgeting and work with that objective in sight. The most "Epic Bucket List Contest" is on now. Go to BucketList.Org for contest information .





Personal Development- "Are your skills and knowledge up to speed?"

Why read and listen to positive audios? Because they are the "equipment" that give the brain the workout just like a bicycle or exercise machine at the gym. Your input directly affects your output. The world is full of negative inputs and programming so it is up to you to do the regular housecleaning and make sure your mind runs smoothly and efficiently. Your mind is the control center that directs your body and health and it is the receiving center for your

connection to your wise and loving spirit that inspires a joyful, creative, life. It is the combination of thought plus emotion that develops your attitude, influences your actions and behaviors. It is the first step towards the final outcome so make sure it is a positive one. Time is like money, you must think about how you are going to spend and manage it to get the most from it. Learning about things like health, wealth and happiness gives you better

ideas for what action needs to be taken to get the greatest return. Setting goals gives you more control and say over what changes are going to happen. Your goals become your focused, directed daily activity. When you plan for what you want, every day is joyful and nothing feels like work.

"Psychology of Winning", by Denis Waitley.

http://youtu.be/B_8u9MF7fkwrk.

"Many marriages would be better if husbands and wives clearly understood that they are on the same side." - Zig Ziglar

Relationships- "Are you surrounded with love and joy?"

One of the great Masters of Life Coaching who has dedicated his life's work to understanding and teaching human development is Tony Robbins. He has worked with 3 million people and remarkably mastered the ability to break down what we "think" the problems are in our relationships, uncover the real root causes and come up with lasting solutions. Our closest

intimate relationships are risky because we cannot control the people we love. At best, we can maybe influence them but there are no guarantees. Out of desperation to self-preserve, we create what Tony calls "safe problems" to avoid the risk of real love and intimacy. We deceive ourselves in thinking that if we overcome these problems and become healthy then we

will lose the love and attention we are getting from the significant people in our life. Watch Tony uncover the core issue with this couple that started off as a money/spending issue. <http://robbinsmadanescoachtraining.com/the-tipping-point-in-everyday-life-new-tony-video/>

Personal Growth- "Are you creative, giving and spiritual?"

There are approximately 6 billion on the planet right now and each one of us is given 86,400seconds/day. In every one of those seconds we are processing 200-1000 ideas /second. What would happen if you could improve that process and eliminate the glitches that are caused by fear anger, guilt or sadness? The life process would rapidly increase from personal

growth to personal evolution through love and joy. Alone time is for hearing your own voice of love and wisdom. Listening is for understanding and if you don't listen to yourself you can't understand yourself either. Working with a Holistic healer in the healing arts can teach you to relax, listen to your inner self and re-connect to the wholeness of body, mind and spirit.

Christine Regan-Pugh has 16 years experience and comes highly recommended. She is trained in several modalities including Hypnosis, Guided Journey's, massage, reflexology and more. Christine can tailor sessions to meet your specific needs.

<http://spiritofthewild.ca/>

“Alone time is when I distance myself from the voices of the world so I can hear my own.”

- OPRAH



Health- “Without good health nothing else matters”

Do you have dry, itchy, irritated skin, scalp or dandruff? The art of homemade soap making is all about chemistry and combining different oils for different skin types. The products we purchase in the store are only 15-20% soap content and approx. 80% water. Manufacturers remove glycerin that naturally occurs as part of the soap making process and is needed to draw moisture from the air to replenish your skin. Manufacturers add a chemical called SLS (Sodium Laurel/Laureth

Sulfate) to get more foaming action in the water and then market the appeal of bubbles and suds so customers will buy it. It is not the bubbles that actually do the cleaning. This chemical not only dries out the skin but prolonged exposure such as baths actually burns through the layers of your skin. Those same manufacturers are also the makers of the creams and lotions we purchase to stop the dryness and irritation. Olive oil is one ingredient most homemade soap maker's use in their product because it is the

closest to the skin's own natural oil. Essential oils are added to enhance healing and therapeutic effects on all levels, physical, mental and emotional to promote greater well-being. Homemade soap has all the glycerin in it so it draws moisture from the air and reduces need and expense of purchasing additional creams and lotions.



[Love yourself enough to live a healthy lifestyle.](#)

Wealth & Prosperity- “Get yourself off the clearance rack”

To live a wealthy and prosperous life is like everything else. You have to plan for it and you have to do the work to get it. Wealthy people regularly produce results for their work and get paid for those actions. They find creative ways to leverage their time by doing the work once and marketing it in such a way that it is made available to serve hundreds or thou-

sands of people. What serves the needs of one person also serves the needs of many so they don't keep doing the same work over and over, dealing with one person at a time. When one project is completed and available to the masses they keep the momentum going by starting another project and following the same steps until that project is complete. They keep

circulating their knowledge and money in ways that creates more. They don't waste time they spend it wisely being proactive by creating products and services from their ideas.

*“In prosperity
let us most
carefully avoid
pride, disdain
and arrogance.”*

*Murcus Tillius
Cicero*

Happiness -“Enjoy all the parts of the journey and be whole.”

I highly recommend the book “The Power of Intention,” by Dr. Wayne Dyer for anyone who is awakening to the idea of conscious living and being the co-creator of this journey through life. Dr. Dyer provides many helpful ideas and suggestions about how to really engage, connect and remain present to fully participate in our daily activities and harvest the full power of

love, joy and gratitude that is inherent in conscious daily living. Happiness is both an inward journey of reflection about the awe and wonder of the source and creation of all life we are connected to. It is also an outer journey when we can be witness to the outcomes and results of our intended actions to make good things happen in and for the world around us.



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ESSENCE FOR
ABUNDANCE

"There is no such thing as failure, only feedback."

BOOKING APPOINTMENTS NOW

Life Coaching (Private Sessions)

N.L.P. (Private Sessions)

Reiki Treatments

*Send your name and email address to be added to the list to receive daily blog posts and other "EMPOWERMENT" updates in your email.

COMING EVENTS TO HELP SUPPORT HOMELESS OR AT-RISK YOUTH

Love Project- "Inspired By Poetry" at the Georgina Arts Center from Nov 1-Dec 7, 2014
Youth Strategies Georgina- "8th Annual Georgina At A Glance Bazaar" Nov. 29, 2014,
(vendors, art show, silent auction)
Youth Strategies Georgina- "Christmas Baskets For Youth" in need of donations and volunteers

Testimonial



[Joanne Pugh](#)
[Personal Empowerment](#)
[Master Life Coach](#)

"I struggle with an innate ability to over-do it and I have many, many goals and aspirations. I sought Joanne's assistance with Life Coaching in order to help sort out the goals and the best steps to achieving these goals. Joanne has an amazing ability to take every jumbled thought you have in your mind and work with you in order to create a cohesive plan that makes immediate sense. Her ability to direct your thought process is amazing and her ease in personality provides an amazing ability to open up to her. Joanne and I have worked one-on-one, in person, for over a year and I will continue to work with Joanne to obtain my goals, and to refer those that I know to her for guidance and support."
[Louise Gardiner-Vahey](#)
Age: 29
Keswick On.