



Hello and welcome to March's Newsletter.

I would like to say a massive thank-you to everyone who came to my first solo Confidence Clinic, I hope you all enjoyed it as much as I did. At this point I would usually thank Ian, but this month I'm thanking ME!!

Not only was this Confidence Clinic my first by myself, it was actually my first time standing up in front of a group and presenting. My aim of the evening was for you all to come on a journey with me, so that you could see in front of your own eyes how someone can go from being extremely anxious and (hopefully) turn it around.

I think it was quite obvious when I began that my voice was shaky, as was my body and I was speaking quickly. That fitted in well with my opening about comfort zones and how at that time my comfort zone wasn't even in the building. Thinking back I also said that on a scale of 1 to 10 I was about a 2, now technically that would mean I was cool as a cucumber, but in my mind at that time I was so nervous that I couldn't work out which end of the scale was "out of my comfort zone" and thought 0 meant I was very uncomfortable and 10 meant I was chilled. The reason I am bringing this to your attention is because it shows you a perfect example that when you are out of your comfort zone it is easy to get muddled and what you say may not be what you actually mean and you can be easily misunderstood.

I soon started flowing though and shared with you all "My Story", life before anxiety and panic attacks and the roller coaster that has got me to where I am now. As I went on my anxiety disappeared and I felt completely comfortable speaking to you all! I shared things I have not shared before because I think it was important for you to fully understand what I went through. I think every single one of you related to certain parts of my story and found it very encouraging seeing nodding heads at certain points!

## Reiki

Next we had our special guest speaker Lindsay Wild, who introduced us to Reiki and Crystal healing, which was absolutely fascinating. Lindsay is a Master Reiki Practitioner, Holistic Life Coach and has a retail business called Thistle, from which she sells crystals and other products for healing. Lindsay told us that positive energy can change the way you look at things.

Some of the ways Reiki can benefit you are:

- Relax you
- Harmonise you
- Balance you
- Heals Problems on an emotional, physical, mental and a spiritual level
- Pain Relief and Control

Science has discovered that for every 3 minutes of irritation, anger, trauma and stress we experience, our immune system is depleted for 6 hours, and during this period blood pressure along with adrenaline increases. Reiki is a deeply relaxing, profoundly calming and is particularly effective in relieving stress, it also maintains positive wellness.

## Crystals

Crystals are healing; they are healing to touch, wear, to look at and just having around you in your home or at work.

They all are alive, they have a molecule inside that vibrates, and each different type of crystal has a different molecule, which varies the healing benefits.

Lindsay bought with her a range of crystals and jewellery, which were very positive for reducing stress and panic attacks, and was very good at calming and relaxing and helping confidence. We all got to handle the crystals and see which we liked. Some of us were really drawn to certain crystals!

Thank-you so much Lindsay for a very interesting insight into Reiki and Crystals. For more information on Lindsay please visit her website:

[www.wildreiki.co.uk](http://www.wildreiki.co.uk).

For the second half I put together a test to find out if you are a visual, auditory or kinesthetic person. Once you had discovered which you were I gave you some tips on how to tell what other people are.

### Special Announcement

SWYCHI YOUR THOUGHTS – my positive affirmations CD is coming out in April!! This CD is to help re-train your subconscious mind to keep you in the positive! This CD can be listened to in the car, whilst walking, working or whenever you want to listen to it. There are five tracks:

1. Perfectly Positive
2. Collected in a Crowd
3. Blissful Body
4. Calm in the Car
5. Flowing Whilst Flying

I have been working with Jonathan Trengrove, a very talented musician on these tracks and am extremely proud of what we have created! Remember Jonathan's name as you will soon be hearing about his music talents nationwide!

If you would like to pre-order your copy, please send me an e-mail. The cost of the CD is £12.99 (+ £2 p&p).

### Special Offer – April Only

If you are having a one 2 one coaching session with me in April and would like a CD, you can buy it Half Price!!

### **News**

I would like your input for April's Confidence Clinic. What subject would you like covered? Please let me have your ideas via e-mail!

Thank- you for reading

Caroline x