



Our first newsletter is dedicated to the memory of our "unconventional angel" Caroline 'Caz' Murrell. Much loved and missed

## Where has the summer gone?

How quickly the months pass and what have we done?

Have we used our time well?

Have we made time for ourselves?

Have we made time for those we love?

Have we kept those stress levels under control?

Has our health been good?

Well, if you are a regular meditator you are more likely to say YES to the above.

There are a number of myths surrounding the practise of meditation

- You have to be a Buddhist

- You have to sit around chanting a lot

- You have to empty your mind
- Well forget the myths...

And the benefits – well where do I start

I have seen it help people to overcome great difficulties both physical and emotional

It develops a greater level of compassion and patience.

But, simply, it is the greatest release from the stresses of modern life, giving you peace, clarity and a sense of wellbeing.



The truth is ANYONE CAN MEDITATE!

WANT TO KNOW MORE ?  
give Amanda a call on 07917 730944

**SPECIAL OFFER – Learn to meditate on our 1-2-1 course 10% off if you book before Christmas and quote "NEWSLETTER OFFER"**

### BEAT THE CREDIT CRUNCH CRYSTAL?

Did you know that a believed to bring citrine "the sunshine good fortune and crystal" not only pro- wealth.

notes feelings of optimism and hope but is Worth keeping one in your wallet?



#### What we do ....

- Indian Head Massage
- Natural Healing
- Upper Back & Neck Massage
- Chakra Balancing
- Meditation & Relaxation Courses
- Hypnotherapy
- Neuro Linguistic Programming
- Time Line Therapy™



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It will soon be Christmas  
How about showing how  
much you love someone  
with a gift voucher.....

**A NEW TESTIMONIAL**

"I decided to go to Ananda Healing after going through some rough waters in my personal/work life.

After a lengthy conversation with both Amanda and Duncan I decided that Hypnotherapy and Healing and Chakra Balancing sessions would be the right path for me to take.

Hypnotherapy with Duncan has changed my life, how I think and how my mind reacts to situations that I have not been able to deal with in the past. I like the way that my sessions are planned and based on what I need as an individual. Thanks to Duncan and his understanding of what my

core issues are, I have finally started to gain back my confidence and self-esteem. I am only two sessions in and I'm sure I have quite a few to go but Duncan has taken me on a journey that has changed my outlook on life and helped me get back to the happy place I was in 10 years ago, and for that I am eternally thankful.

Spiritual Healing and Chakra Balancing with Amanda, has to be on my top 10 list of the most wonderful experiences I've had, Amanda's warm persona enabled me to relax throughout my entire session. Amanda's professionalism is second to none and

she is an exceptionally gifted individual and this come across in her work. I feel completely recharged after my session and I'm always full of positive energy the next day. All in all I would not hesitate to recommend Amanda and I will continue to have these sessions for as long as Ananda Healing is around".

Sam (Horley)

Would you like to add a few words to our website?

Email [duncan@ananda-healing.co.uk](mailto:duncan@ananda-healing.co.uk)

**Feeling Stressed?**

Try this quick and simply exercise

1. Breathe in through the nose deeply for a count of 5
2. Hold the breath for a count of 5
3. Exhale through your mouth all the way out
4. Repeat 5 times and feel the stress melt away

(New testimonials added before the end of the year will be entered into a draw for a £10 gift voucher – just our way of saying THANK YOU.)



**Worried about hypnotherapy?**

Many people believe what they see on the TV, people being "forced" to do things against their will, and that worries them about seeing therapists who use hypnosis as a tool.

In actual fact the hypnotic state is perfectly natural and a state we enter every single day of our lives. Ever lost time without realising it?

For example, have you ever been driving a familiar route and suddenly realised that you've gone quite a way without realising it. Day-dreaming is simply an hypnotic state. All we then do is use this natural, relaxed state to talk directly to the unconscious part of the mind. More about it in the next newsletter.....



In our next issue.....

Launch of our new, never seen before product  
WATCH THIS SPACE

**TELL A FRIEND**

Do you know anyone who may like to receive our newsletter/ special offers?