



## Academy of Awakening Newsletter

Dear ,

You are receiving this newsletter because you have logged into my community at some time. If this is not what you are looking for then please delete your name from my list using the link at the end of this email.

It is now the new financial year so I have freshened-up [my website](#) and also a new and wonderful opportunity is available to you all...

I have added:

- \* The most amazing and inspiring mp3 downloads – yes, not one but two FREE SELF LOVING mp3 downloads
- \* I have manifested many wonderful opportunities which just lead me to even more wonderful realizations on a daily basis, such as a wonderful new book: "The Brain That Changes Itself" by Norman Doidge MD – full of insights that have been researched by many experts in the psychological field from as early as Sigmund Freud as early as the 1880's
- \* I will continue to add more affirmations for your use in creating your own Personalized Affirmation CDs
- \* I will be giving you a Tapping Sheet for the many and varied topics each newsletter – I ask for you to please [email to me](#) anything that you are feeling that you would specifically like some support in – your ideas are important to me, so I will try to accommodate them.

*"You are today where your thoughts have brought you; you will be tomorrow where your thoughts take you."* James Allen (1864–1912)

## What's New?



**This is an  
AMAZING OFFER  
Just for the Month  
of July 2009**

10 Minutes of Self Love Morning and Night is all it takes..

These two MP3 downloads were created from inspiration from [Brad Yates](#) into my own wording and my own format for myself and friends – the results are fantastic, so I want to make them available to you all who constantly say to me:

**"WHY AM I STILL SABOTAGING???"**

The answer is here right within these two 10 minute MP3 downloads. The answer is if you do not deeply and completely love yourself, or are not self loving towards yourself, how can you see and feel the loving opportunities that come your way?

We have all experienced some things in our lives that we felt were harsh and not so loving, but we are so much harsher towards OURSELVES than any experience that we may have encountered in childhood.

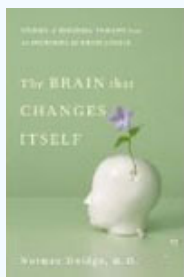
Please go to my website and download your FREE copy and feel free to share it with your friends – they too can go to my site and download their copies.

Please ENJOY and allow yourself to be in that loving feeling way – it is so amazing just how contagious it is and what you can manifest into your life because of it...

## **This was so enlightening for me**

We now know that "The Brain That Changes Itself"

Written by Dr Norman Doidge MD – a Canadian Psychiatrist



Norman Doidge says "This book is about the revolutionary discovery that the human brain can change itself, as told through the stories of the scientists, doctors and patients who have together brought about these astonishing transformations. Without operations or medications, they have made use of the brain's hitherto unknown ability to change. Some were patients who had what was thought to be incurable brain problems; others were people without specific problems who simply wanted to improve the functioning of their brains, or preserve them as they aged"...

**Use it or lose it!**

## **Would you really like to go to the next dimension in your life?**

- \* Recognize the signs and signals of The Fear of Being Fabulous so you can keep from falling into its sticky traps
- \* Redefine what Success means to you so you can Succeed Every Day and watch your life take the path you've always known was right for you
- \* Recognize the heart of your liberation and rejoice in all that opens in front of you

For more information please go to the [Judith and Jim site](#).

## **YOUR AFFIRMATIONS FOR JULY**

### **Learning to Love Yourself**

I love every aspect of myself  
I love people for who they are

### **Self Confidence**

I believe in myself 100 percent  
I believe in my abilities

I accept who I am	I am fully confident in myself
I understand my abilities	I think about the results of my actions
I love myself more and more each day	I rely upon my judgments
I love learning new things	I believe wholly in myself
I express who I am	I am tremendously confident
I remember to smile	I accept who I am
I present myself as a role model	I am happy when I succeed
I am inspired	I think of positive outcomes
Every day I love myself more and more	I am my own person
I love myself above all others	I have infinite self-esteem
I care for myself	Motivation comes freely to me
I make beneficial decisions	I believe entirely in myself
I make friendships easily	My future is determined by me
I think positively of myself	I always think positively of myself

## EFT Tapping for July

Good things never happen for me...

*Now focus on the problem*

*"Even though I can feel my negative vibration, I choose to access healing vibrations now."*

*"Even though I keep focusing on negative vibrations and they make me feel weak, I have decided I want to feel the strong, healing vibration of gratitude."*

*"Even though I seem to have this habit of connecting to a negative vibration, I choose a positive healing vibration right now."*

*Continuing to focus on the problem*

*Eyebrow: "I always focus on negative vibrations."*

*Side of Eye: "I didn't know it was up to me to choose my focus."*

*Under Eye: "I don't know how to choose a healing vibration."*

*Nose: "I have so many negative vibrations inside of me."*

*Chin: "I want to have more freedom to choose my vibration."*

*Collarbone: "I'm mad at myself for being so negative."*

*Under Arm: "What if I choose to think positive thoughts and life changes for me"*

*Head: "No wonder things don't work for me."*

*Eyebrow: "Maybe good things could happen to me"*

*Side of Eye: "We are all negative thinkers"*

*Under Eye: "I understand now why bad things happen to me"*

*Nose: "It is about my attitude toward myself and others"*

*Chin: "I can change that low vibrational energy easily"*

*Collarbone: "I get it now, I choose to allow myself to feel goodness in everything"*

*Under Arm: "I deserve goodness in my life right now"*

*Head: "They can say and think without it effecting me and my energy"*

*Eyebrow: "I intend to focus on a healing vibration."*

*Side of Eye: "I love the vibration of joy."*

*Under Eye: "I choose to focus on gratitude in my life."*

*Nose: "I love turning towards a positive vibration."*

*Chin: "I feel grateful already and so much lighter."*

*Collarbone: "I choose the vibration of healing."*

*Under Arm: "I love feeling the change in my energy."*

*Head: "I love this feeling of relief as I focus on healing vibrations."*

I love hearing from you with your insights, suggestions, support and your  
enthusiasm

For those who have bought and used my Affirmation Series CD's and downloads  
please [go to my site](#) or [email me](#) your comments

Please take care and choose happiness

Kind regards

Sue

**Visit the Academy of Awakening Website**