

## A Place of Peace

Articles, tips, and techniques to discover how to create emotional and physical peace

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### in this issue

- [Spirituality and Wellness](#)
- [Unlock your Magnificence](#)

Dear Jennifer,

Happy Holidays!



I love this time of celebrating with family and joyously welcoming a fresh start.

As I spent time looking ahead to the new year, I made a decision about myself and my business.

2008 is the year to fully commit to living and speaking authentically. A year to really let my voice be heard. I have so much to share, I couldn't wait until January!

This is a year to fully commit to yourself and to unlock your own magnificence. Let's get started!

Warmly,

Jennifer

*Spirituality and Wellness*

People throw around the term "Mind, Body, Spirit" a lot these days, but what does it really mean for your day to day life?

Living in balance.

Living from your center.

Taking time to relax and recharge.

But, besides reducing your stress, what does it really mean? How does it really affect your wellness, your long term happiness? What does your Spirit really have to do with being well?

Here's what it means to me: You are meant to be a joyful, healthy, abundant, vibrant, forward moving being. Mind - Body - Spirit. You have a mind. You have a body. And

you are Spirit. Whether you are Christian, Buddhist, Muslim, whatever your religious beliefs are - you are made of more than simply your physical body.

This is NOT about religion. Or being "good" or being faithful. Spirit transcends individual religions.

Who you are is a magnificent, phenomenal woman. You are spirit. You are connected to the beauty and power of the world around you. And beyond.

You can plug into this bigger part of yourself at any time. In fact you are always plugged in, it's just whether you are aware of it or not.

When you know that there is a bigger part of you, you can relax. You can know with out a doubt that you are okay. That you are good enough. That you are meant to be and have something amazing to give the world - no matter your age or your life circumstances.

Not so easy to believe when you are sad, ill, depressed, and stuck and can't see anyway out. But it does provide a reason for WHY you feel horrible when you aren't well or you are stuck. Imagine having this well of beauty and magnificence at your core, having your body and mind know it's there but not be able to reach it? Such pain.

When you are physically or emotionally sick the symptoms are simply the evidence that there is a piece of you who is stuck; there is something there that is cutting you off from who you truly are at your core.

Our previous experiences, our thoughts, our beliefs either connect us to this core of ourselves, our spirit, or they cut us off. Don't let this scare you - this is power.

We all have a tape loop that runs in our mind. You have the power to change the tape loop. There is nothing in your past or present that is so powerful that you can't change the tape loop.

You have negative thoughts? Hooray! You have an illness? Hooray! I am not being flippant or celebrating in your pain. These are the symptoms and the signs that show you exactly where you are cutting yourself off from Spirit. They just have gotten big enough to get your attention.

So, when you are ready to be well, completely well, balanced in mind - body - spirit, happy, in charge of your life, you can look at the signs and symptoms of the illness within your body and know what you need to work on in order to move forward.

You can look at the emotions that come up from how you are feeling and look to see where there are other areas in your life where you feel this way and where you are cutting yourself off from who you really are.

Reconnect and the symptoms MUST change.

Whew. What a different perspective tapping into Spirit brings.

What if I told you: You are good enough. The feeling of relief might last for a day.

What if you told yourself you are good enough? This will last a lifetime.

Sometimes you need to hear it from the outside first to begin to believe it. I will hold the space for you to step into this.

Once you are able to feel fabulous and magnificent on the inside, then you will have it on the outside. Your illness, your fears, your sadness, your unhappiness, your unsureness, your fear of the future all come from not being tapped into your Spirit, into who you really are.

Who you really are is a magnificent, phenomenal, beautiful woman. There is only one of you.

Are you ready to unlock your magnificence?

*Unlock your Magnificence*

Your connection to you Spirit is already there. The tape loop you run in your mind can make it hard to find the connection.

Partner with me and together we will change the tape loop so that you can connect to this magnificent you.

From this place of magnificence, your outer world must shift and change. Make 2008 your best year ever.

Receive a \$100 savings when you sign up by December 31st. I have space for 5 people in this new program.

[More details here...](#)

### *Quick Links...*

- [Create Peace for Women's Wellness](#)
- [Create Peace after Miscarriage or Loss](#)
- [Create Peace for Reproductive Health](#)
- [Create Peace for Optimal Fertility](#)
- [Create Peace during Pregnancy After Infertility](#)
- [Create Peace at the Anji Connection!](#)

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