



Intuitive Counselling www.intuitivecounselling.com **Sept. 2009**

**Hope you all
enjoyed your
summer!**

Fall hours:

Mon/Wed:

10am-4pm

Tues:

1:00-8:00pm

**Sat:10:00-
noon**

True strength is
connecting to your
emotions. Author
Unknown

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"The natural ups and downs of life can either generate personal growth or create personal fears. Which of these dominates is completely dependent upon how we view change. ...If you have a lot of fear, you won't like change. You'll try to create a world around you that is predictable, controllable and definable. ...Fear is a thing... You can do one of two things with fear: you can recognize that you have it and work to release it, or you can keep it and try to hide from it....You will realize that your attempts to protect yourself from your problems actually create more problems....That's why you have to worry so much...Life is continuously changing, and if you are trying to control it, you'll never be able to fully live it. ...The purpose of spiritual evolution is to remove the blockages that cause your fear. The alternative is to protect your blockages so that you don't have to feel fear....You will have to try to control everything in order to avoid your inner issues.... If you truly want to grow spiritually, you'll realize that keeping your stuff is keeping you trapped....You only have to be willing to open your heart in the face of anything and everything, and permit the purification process to take place."...

excerpt from *The Untethered Soul* by Michael A. Singer.

Till next time, Corie (who decided this summer to go tubing, surfing on the lake, sliding down waterslides, going on rides at Calaway Park and lived to tell about it! (things I have never done in 37 years!! that is too many years of fear!) Feel the fear and do it anyways. Let go and see what happens! Book an appt and learn how to dissolve fear.