

## PERSONAL AFFIRMATIVE LIFE ENVISIONMENT

**I live in HOLISTIC BALANCE with everything around me**

Diamond – Multi faceted Carbon based Life form (tough centre)

Heart Aura & Love Protection - overlapping layers (back, shoulders, chest)

Connection with Earth and Universal flow (above and below)

Sharing of Unique Individual & Love with Community (arms / service / creativity)



**I boost my THYROID activity**

I adjust my thermostatic settings and my metabolic rate  
to that which is most appropriate and healthy for me

**I boost my IMMUNE system**

I protect myself from colds, sinus and bronchial infections

**I boost my LYMPHATIC system**

It drains away toxins effectively from all areas of my body

**I boost my EYESIGHT and HEARING**

They function optimally so that I can continue to use my eyes and ears as needed

**I boost my joints, muscles, tendons, ligaments, and bones**

They remain efficient to support my activities here

**I boost all my other bodily systems and functions, including my brain**

They remain healthy to support my life here

**I continue to be able to enjoy life to the full and share my work with others**

## **OUR MINDS DO HAVE AN AFFECT ON OUR PHYSICAL HEALTH**

So you might like to make your own Affirmative Life Envisionment.

If we set our intentions to ensure things are looked after then we can feel more relaxed.

Affirmations really can help to make things work better for you and by setting them down like this you know you have a plan you have set in place so you don't have to keep wasting time and energy wondering about the details.

I suggest you make positive statements about weak areas, as well as the good stuff.

Whatever your life is like it can help hugely to focus on the positives so having the plan sets you free to do so.

I suggest you do several rough sketches and notes first to enable you to develop ideas.

Many people with things like cancer have found that it helps to envision the affected cells wafting away from the body and being replaced by good new ones, so you might like to think about this for your drawing, and use very clear colours.

You can apply the same idea to other situations too.

## **TAKE PROPER CARE OF YOURSELF**

Of course it is really important to eat a diet that is good for you personally – this does vary from person to person.

Different people need different amounts of sleep too, so do what suits you best, and of course, get your exercise!

If you can, try to live in balance with your environment and those around you.

Think love – set out to do good stuff – try to live a fulfilled life.



I CAN HELP WITH (non medical) ADVICE AND SUPPORT

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**Julia Woodman – Life Coach, Counsellor, Stress Consultant, and Writer**



**Advice Line 0905 620 1396**

£1.02/min - from a BT landline. Calls from other networks and mobiles may vary. 18+

**please see Greatvine Profile page for details & availability,  
plus call request, or email buttons  
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Includes some meditations for groups and for couples.

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from Stress Consultant Julia Woodman

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**Lots of Articles available as PDF downloads on**

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including:

**The One arises through the Many, and the Many arise through the One**  
**Spiritual Coaching TOP TIPS**

**How we can feel peaceful and empowered enough to deal with anything.**

**Effective Coping Strategies that also help you Move Forward with Life**  
**(includes help for mums struggling to keep children stimulated,**  
**or wanting to return to work, etc.)**

**Don't allow Depression to subdue your Personal Power**

**Does familiarity really breed contempt or do we just get lazy with our**  
**communication?**

**Absolution from Absolutes and the Cycle of Change**

**Being Lighter than this, free-er than this, getting into the ZONE for numerous**  
**benefits**

**Breathing to balance earth grounding and universal connection**

**Choices from Childhood through Maturity to Old Age**

**Communication with Teenagers I**

**Depression, Addiction, and even Weight Issues can be linked to Mineral Imbalance**

**Easy Affirmations to Empower You.**

**Easy Visualizations to Relax and Inspire you**

**Internet Dating**

### **Philosophy and Sensuality**

**To Tame or Not to Tame the Wild Thing – or – Trust for Freedom**

**Pretending to do something like smile, or sleep, or even write, carves a path for it to become reality**

**1 step, 2 step, 3 .... Life Coaching to help you Achieve**

**Life Coaching Cost Saving Pack of all 3 of my Achievable Goal Planning Sections in one bundle - How to Maximise Success, Help to Decide, and all FORMS**



**On their main website - Dealing with Stress – Regaining Self Esteem, and making Choices**

**BLOG - A Holistic Approach to Loving our Bodies and Our Lives**

**More being added all the time, including videos to come.**