

From: Guildford-Woking Complementary Health (GWCH) ()
To: vollington@btinternet.com
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Subject: Boost your Willpower

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Boost your Willpower

Willpower helps you achieve goals with ease.

Before starting that detox, sticking to new resolutions, or undergoing a new project for 2010, give your willpower a boost.

from the Guildford-Woking Complementary Health network (GWCH)

Newsletter 24

January 2010

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enquiries@gwch.org.uk

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Dear Vinciane,

During this exceptionally chilly start of the year, we all need **extra willpower to get out of bed** and face the challenge of a chilly, icy journey to work or the shops.

When you want to achieve anything in life, be it giving up smoking, changing your waistline, lifestyle or relationships, there is one hidden tool that is often overlooked in helping you achieve you goals --**WILLPOWER**.

You might be thinking, is there anything one can do to boost willpower? The answer is a resounding -YES! There are exercises to strenghten or discipline the will.

Elsabe Smit a Transition Coach writes 'Who is the keeper of your willpower'.

Florence Spencer shows you that getting in touch with the subconscious mind and changing the energy that holds you back is easily changed with Chinosis.

Jane Spencer a Homeopath will introduce you to the Australian Flower Remedies.

Looking ahead to warmer days Jane reminds us that now is the time to sort out your **hayfever**. This is best achieved before the pollens are in the air.

The Self Help section has a few exercises to strenghten the **WILL**.

GWCH would also appreciate your HELP --- Share this newsletter with your friends, so they can sign up for a copy.

With all our Best Wishes for 2010

[Florence Spencer](#)
and all at [GWCH](#)

Who is the keeper of your willpower?

Remember the last time you did something and succeeded purely based on your willpower? Can you remember what hard work it was? You had to focus very hard and harness a lot of energy. You had to be single-minded and dedicated.

Can you remember how you felt when you reached your goal? There was not only **elation, but also exhaustion**, because it was hard work. You also had the satisfaction of knowing that you had created the outcome. All this happened because you had used your willpower.

Some people give that willpower away. They enter into a relationship (at work, personal, friendship) with a person who makes choices on their behalf. They get bullied or dragged into directions that they know are not right for them. They work very hard to pacify the keeper of their willpower, and that drains their energy. At the same time they make half-hearted attempts to get their willpower back to where it belongs - in their own control.

When you do not understand that you have handed your willpower over to another person, you feel like a victim, exhausted and not in control. You use the same amount of energy you would use if you were the keeper of your willpower, but you go in the wrong direction for the wrong reasons. This is **physically and emotionally painful**.

Understanding what you have done is the first step towards cutting the ties with the keeper of your willpower. Of course this can be painful, but at the point where the pain is most intense, the release is most intense and you become truly free. **And your willpower returns where it belongs - to you, the rightful owner.**

Because willpower is seated in the solar plexus, returning your willpower to its rightful place also means the end of various digestive issues.

Even if you have lost temporary custody of your willpower, it is still yours and you can reclaim it any time.

Elsabe Smit, Transition Coach

Tel 0845 302 4782

www.ElsabeSmit.com

Chinosis and willpower

Changing the subconscious and energy blocks.

Are your conscious thoughts the ones that are running your life? or is there a repeating subconscious pattern that you are trying hard to break free of? It gets in the way of anything you want to achieve and it could make you think that you have a **weak willpower**, or none at all, as you never seem to manage to stick to a diet or don't achieve many of your goals.

Florence Spencer is a Chinosis practitioner and a Kinesiologist. Using muscle testing she helps you find the subconscious blocks that are holding you in this repeating negative pattern.

When you are aware that this subconscious 'file' is running your life, the energy that hold this 'file' in existence is easily changed by stimulating the beginning and the end of the acupuncture meridian system (no needles). **The energy instantly changes** and the negative 'file' is closed. Then a new positive 'file' of how you would like your life to run is activated in the same way. You suddenly feel different, more positive in your ability to achieve goal and you will experience a **boost of willpower**.

[Florence Spencer](#)

01483 211759

www.therapytreatmentsurrey.co.uk

Willpower boost from Australia

Do you feel in need of a calmer life where you set yourself achievable goals and stick to them? where you feel more confident, optimistic and

positive?

This description sounds very much like life down under but you do not need to emigrate to Australia if you wish for a better life. Instead, turn to **Australian Bush Flower Essences**. As their name suggests, these marvellous remedies made from Australian bush flowers have a powerful impact on our well-being. There are individual essences for dealing with a single issue, such as coping with change, or balancing hormones. Combinations of essences can be made up to **promote confidence, will-power and dispel negativity**.

So, if the New Year is making you re-think your life, contact **Jane Spencer homeopath and flower essence practitioner**.

janehomeopath@hotmail.co.uk

07720 052354

to discuss how Australian Bush Flower Essences can help you.

Calling all hayfever sufferers....

As you look out of the window at the snow, probably the last thing on your mind is hayfever BUT now is the time of year to visit a homeopath for preventative treatment. Taking homeopathic remedies now, that are specifically prescribed by a qualified homeopath can prevent months of misery in the summer. Jane and Joanna are qualified homeopaths practising in Guildford and Vinciane is a qualified homeopath practising in Ripley. Do contact one of them.

Jane Spencer on 07720 052354
Joanna Al-Zuhairi on 07867 803871
Vinciane Ollington on 01483 224330

Zest 4 Life Course

Tuesday 19th January 9.30-11.30am

Thursday 21st January 6.30- 8.30pm

Medi Clinic Guildford

£180

A 12 week nutritional course with lectures, coaching sessions, wellbeing assessments, dietary guidance and meal planning.

The Zest4Life programme has a high success rate , working together in a motivational group setting, clients achieve significant **weight loss with the benifit of greather health**.

To book your place, contact magalie@zest4life.eu or 0795 0291 717

Self Prescribing Homeopathy Course

Do you want to **lighten your dependency on chemical medicine?**

The next homeopathic course run by [Vinciane Ollington](#) will take place on the following

Friday mornings at her practice in Ripley: 15th, 22nd, 29th January, 5th, 12th February (9:15am - 11:15am)- The cost is £90 per person.

At the end of the course you will be able to prescribe homeopathic remedies for friends and family suffering acute illnesses.

Do call 01483 224330 or email vinciane@btinternet.com for more information or to register.

A date for your Dairy

Saturday February 13th, 10am - 4pm
H.G.Wells Suite. Woking

Health Fair

A number of the GWCH members will be there.
Come along to chat, get to know us, attend a talk or have a taster session.

Self Help

Exercise and boost your willpower by using it.

1. Do something you have **never done** before.
2. Make a **plan** and follow it.
3. Keep doing something you are doing for **five minutes more** even if you are tired, restless, or want to do something else.
4. **Say 'no'** when it is right to say 'no' but easier to say 'yes'.
5. **Refrain** from doing something you are tempted to do.

Taking even only one of these exercises and continuing to perform it for a month will strengthen your willpower.

All these and more are found in the book '**What We May Be**' by **Piero Ferrucci**.

January Fun

Drumming

Two dates at the Green Ark, Guildford. January 13th and 20th
7.30pm

Details from Julie Kingston on 01483 894741

Singing in Send

Sunday January 17th St. Mary's Church Hall

Women in Harmony 1-4pm

Chant and be Happy 4.30-6pm

details from Stella Davies on sacredsounding@googlemail.com

Stella is not a GWCH member but thought you may be interested

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