



Tools for Thought



March, 2010



TOOLBOX JOURNEYS "A SOURCE OF TOOLS FOR YOUR JOURNEY"
WWW.TOOLBOXJOURNEYS.COM

Emotion Free Tapping (EFT)

"I can't believe it works"

That's what loads of people are saying about this powerful releasing technique. It helps you clear your mental-emotional-physical-spiritual blocks that have been holding you back. The clearer you get inside, the more you're able to attract all the good things you truly desire by clearing out the negative and limiting beliefs you may be holding. Interested?

Help is just a fingertap away!

Join us **March 18**, with Dee Loebel. Learn EFT technique and more...Discover what's in your way. Get the 1,2 punch to finally get control of dieting. Learn what issues may keep you overweight.

TOP 7 QUESTIONS TO ASK AS YOU START EACH DAY PURPOSEFULLY, By Julie Jordan Scott

Living with purpose is based upon decision. You may choose to live day after day, one after another in a completely ordinary existence...OR you can choose to greet each day with a Possibility mindset. A Purposeful mindset. A Passionate mindset.....Begin each day with these questions and be amazed.

1. Why is it important for me to engage myself in my work passionately and purposefully each day?
2. How will I choose to allow my attitude effect how I address stressful situations at work today? How can I be more affective and proactive in regards to stress and attitude?
3. When am I most likely to react with the most passion and purpose today? Meeting clients? Working on my computer? Following up on a lead? Take note of what makes your passion come alive, so you can use it to better your work performance.
4. Where within the organization am I best able to express my passion and purpose? Is it working with my peers? My supervisors? Clients? Interdepartmentally? Where physically do I perform the most purposefully?
5. With whom do I need to spend time in order to maintain balance as I pursue my passion and purpose? Within the organization, who best supports me?
6. What choices will I make today that align my purpose and passion with the tasks at hand at work?
7. Who am I called to be today as an expression of my passion for living?

Be aware of your thoughts. You are the master of your life. You are who you have been waiting for.....

Richard Carlson says;

"One of the most powerful and inspirational spiritual awakenings and a surefire way to become happier is to make peace with your mistakes. ...Mistakes offer us the continual opportunity to learn and evolve. Without them, there would be no growth, no reason to change."



The Snake

Has Snake slithered into your world today? If so, you are being asked to undergo a major transformation. Are you willing to shed your old skin? Are you willing to let go of people, places, and things that no longer have a place in your life? Snake will help you make the grand transformation, then slide into a new life that's brimming with possibility.

Coming Events

Thursday, March 18 from 7-9pm

"Learn EFT, Tat Tapas and more" with Dee Loebel

Thursday, April 15, from 7-9pm

"101 Uses of 7 Essential Oils" with Joy Walker

Thursday, May 20 from 7-9pm

"Introduction to Meditation" with Kasey Claytor

Book review

Beyond the Secret by Dr. Lisa Love

A very inspiring book with 10 steps for Spiritual Attraction. The most profound thing expressed was aligning what you desire with your soul. The soul is the bridge between ego and spirit. My friend Beth teaches soul focused healing and reading this book reminded me why that is so valuable and why alignment is so necessary.

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