



Do something this year that your future Self will thank-you for.

2017 engages us into a vortex of re-discovering ourselves. Allowing a deep untwining of our 'appropriate' or 'good' self, revealing the emergence of our authentic self. A peaceful, loving self, that feels balanced and vibrantly alive, who follows the wisdom of their heart, honouring their gifts & talents as a powerful co-creator.

There 's an energy of excitement, a restlessness or anticipation ~ as we hold an inner knowing of the changes waiting to come forth.

We stand on a threshold of transformation; the space between our habitual and our true self. 'Be the change that you wish to see out there in the world' - not tomorrow, next week, next year or another lifetime. It's an invitation, to do it now!

Newsy bits:

Exciting!: Having Guest speaker Tracey van den Brand at our 'Do it Now!' workshops (For more info see below) & LM's new website!

Recommendation: The Spirit of Peace free download meditation on the www.orinanddaben.com website. Look for it in their search box. I love it!

Spicy Challenge!: What will your future self thank you for, at the end of 2017?

LM's One Day Workshops in 2017

DO IT NOW! - WORKSHOP

Saturday 25th March 2017: & Saturday 23rd September 2017
with a very special guest speaker Tracy van den Brand.

Hidden treasures within you are waiting for their wake up call. To breathe life into those unremembered hopes and dreams. Perhaps you hold a vision or deep desire to venture into something new. Start a new business, write a book, or expand upon an idea or project. What does your heart long for, the insights and whispers from your soul. Begin to unveil the mists, that keeps your true self hidden. It's time now, to be the authentic you! In this workshop you identify what you want to manifest, recognise what holds you back from creating it, break through those negative and limiting cycles. Leave with an action plan, ready to start living your dream.

[CLICK ON THIS LINK TO GO TO THE WORKSHOP WEBSITE PAGE](#)

[Tracey van den Brand](#) is a Bachelor of Commerce and alumni of the prestigious French Business School, INSEAD. She combines these academic abilities with her graduation in Brennan Healing Science to bring a unique harmony of mind and heart. She has over 30 years of practical business knowledge and experience which spans directorship in multi-national companies to running her own businesses both for profit and not for profit.

Tracey's business experience has taken her around the world where she has run teams across more than 25 countries. She has a wide appreciation of different cultures, languages and nationalities. She is one of the longest serving volunteers at the Global White Lion Protection Trust of South Africa and is currently the Trustee of The Dandelion Trust, a UK registered charity. She is the CEO of social enterprise Conscious Business Coaching which she founded to help raise the vibration of our planet by assisting conscious business to really flourish.

[TRANSFORMING RELATIONSHIPS - WORKSHOP](#)

"When you point one finger, there are three fingers pointing back to you."

Saturday 24th June 2017: 'Understand that how you feel in any relationship has more to do with you than anything or anyone'. The vibration we carry attracts the wanted and the unwanted things and people in our lives. It is not that you have been calling for it, but it's a useful whisper to shift the vibration you hold in this area of your life. Is there a relationship that you wish

to transform? Uncover the gifts of the experience, observe what it mirrors back to you, step off the drama triangle and begin to restore peace and harmony to your inner and outer connections.

[CLICK ON THIS LINK TO GO TO THE WORKSHOP WEBSITE PAGE](#)

The cost for each workshop is: £72. It can be paid in full, or over two instalments. The cost includes the one day workshop 10am-5.30pm, a light snack at lunchtime, a little time to go walking or the option of a led one hour walk during the afternoon break.

Venue: All workshops will be held at the National Trust's 'Footprint' building. St Catherine's Patterdale Road, Windermere, Cumbria, LA23 1NH. The Footprint Building is made of straw bales and other eco-friendly materials. For further info, see www.strawfootprint.org.

With love & blessings,
Susie x.

For more information about workshops, consultations, & /or products, visit the Living Magically website; www.livingmagically.co.uk .



'Do what makes your heart sing and your spirit dance!'

www.livingmagically.co.uk Email: info@livingmagically.co.uk . Visit the LM Face book page run by the lovely Kate Trafford: www.facebook.com/LivingMagically. Kate also runs her own events - www.facebook.com/CruiseControlForLife . If you no longer wish to receive our newsletter please reply to this email with the title Unsubscribe. Very many thanks! We wish you well on your own unique journey!