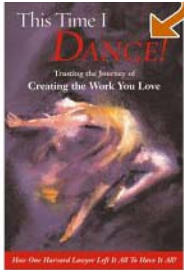


## Recommended Reading



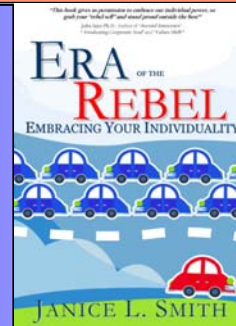
### *This Time I Dance by Tama Kieves*

I have enjoyed this book over and over again. Tama has a delightful way of writing that I can fully relate to. It is simple and straight forward, as if we were talking together. The book helped me to stay out of being stuck in old patterns, it helped me to know I could change them and gave me the confidence to know it was alright to be different.

[www.newworldunfolding.com](http://www.newworldunfolding.com)

### *A new Approach to Life*

Check out this new website that I have put together with Janette Day and Lynne Buchanan. We will be blogging regularly to bring you up to date information as we receive it from the universal guides. I am hoping this site will assist you in moving forward and understanding the changes that are happening.



## Newsletter August 2006

Summer is in full swing and many changes have been happening. The energy around the earth is shifting and it is trying to get us to shift too.

We need to move to a more enlightened energy. For us to move out of fear thinking and into a more positive love based energy. To do this we must become more aware of the thoughts that travel through our brains on a daily basis. It means taking time to be more conscious of each moment, to become more alive in our living and not just be living unconsciously. We have to embrace the idea that we are creating our lives and nothing outside of us is doing anything to us, rather it is a reflection of all that we are consciously and unconsciously creating.

Once we can wrap our minds around this idea, we are able to create a more pleasing life for ourselves. When we believe that things are happening to us, we feel we have no control over our lives and often become victims.

We empower ourselves by knowing we create with our minds and have the power to change our minds and our ways of thinking. One of the issues with empowering ourselves, is that we now have to be responsible for all that happens in our lives and I find many people don't want this responsibility, they would much rather complain and blame someone or something else for their problems.

Coaching can make a huge difference in life. We are much more willing to cheat ourselves which often keeps us stuck than we are to cheat when someone is checking in with us. As a coach I work with you on a weekly basis in order to assist you in moving out of some of your old patterns and into the life you want to create.

The fall retreat in Yelapa Mexico will assist you in changing some of your old patterns and thinking. With a goal of you feeling more peace and contentment within.

Take the first step to changing your life.

Contact Janice infor@eraoftherebel.com or 604-921-2882



## Fall Retreat 2006 Yelapa, Mexico



Learn more about yourself while vacationing in magical Yelapa, Mexico. Sun, Surf and Insight – the ultimate vacation to refuel you!

### Yelapa Retreat 2006.

Join Janice Smith, Intuitive Life Coach and author of *Era of the Rebel, Embracing Your Individuality*, for a one week getaway to Yelapa, Mexico. Five of the seven mornings in paradise will feature a two-hour intuitively-directed class led by Janice, covering such topics as ways to beat stress, understanding life and purpose, learning to read what is happening in your life, why it's been created and how to change it. The goal will be to create more peace and contentment within.

The afternoons will give you an opportunity to experience a one-on-one fine tuning of your energy body facilitated by Lynne Buchanan, as well as a "Sole Therapy" session (aromatherapy foot treatment and energy reading) with Janette Day. I admire both of these ladies for their abilities in their chosen modalities. You will find their energy caring and nurturing to your spirit self. Of course, there will also be many afternoons free for you to enjoy the beauty and magic of Yelapa!



**Bonus:** Receive a free copy of my book *Era of the Rebel* when you sign up by August 16, 2006

**Dates:** October 14<sup>th</sup> – 21<sup>st</sup> 2006

Cost: \$1500.00 Canadian. This will cover water taxi from Puerto Vallarta to Yelapa return; transfer from airport to water taxi and return to airport; accommodation in Yelapa; breakfast and dinner; 5- 2 hour morning classes; one fine tuning energy body session and one Sole Therapy treatment/reading session.

We will require a \$500.00 deposit by August 25<sup>th</sup> to hold a space.



Other costs not included: airfare to Puerto Vallarta and return and possibly one or two nights accommodation in Puerto Vallarta. I am trying to avoid this by booking a private water taxi for us. I have not yet been able to confirm what the latest time will be for us to take a water taxi on the same night as we arrive and the same day as we depart. I hopefully will have that information soon.

To join us for this magical adventure call Janice at 604-921-2882 or email to [info@eraoftherebel.com](mailto:info@eraoftherebel.com).

*We look forward to playing  
with you in Yelapa!*

