

Newsletter for November 09

Dear Readers,

Relationships...source of the greatest pleasure and the greatest pain! Relationships (and their break-up) can be so painful that some of us are saying, 'Never again! I am staying single for the rest of my life!' And some of us add, 'Unless I succumb to a one-night stand. And even that can give me trouble! Geez! But I'd rather be lonely than suffer misunderstanding, angry rows, manipulation, stress and heartache.'

Understandable!! And yet...we get so miserable in our separateness, because, well, we haven't learnt the heart lessons of what has happened. Part of us knows that we have cheated ourselves when we left in anger and despair, even if it seemed all her fault, or his fault!

We were not taught relationship skills at home or at school. We picked up from the examples around us, from television and the movies. We were not taught how to avoid having rows which lead to nowhere. We were not taught how to resolve conflicts, how to compromise, how to stay ourselves. Above all, we were not taught that relationships are opportunities for growth as well as for the pleasures of loving. We weren't even taught the basics: how men and women are different.

Of course nearly everybody has heard of Men are from Mars and Women are from Venus. Quite a bit can be learnt from those humorous books. But, as my sister Tina recently remarked rather laconically, "Men are from Earth, and women are from Earth." She married again at age 45 has been happily married for fifteen years now. Tina made all her mistakes early on, learnt the hard way, then learnt as much as she could the easy way as she matured into the beautiful woman she is now. When she had done that, she was able to meet the man who was her match in maturity, wisdom and sense of fun (very important to witty Tina).

Men are from Earth – meaning that they are not all that exotic or hard to understand, and earthy things are very important to them. Women are also from Earth, even if they don't particularly want to think they do. I think it would be good for women to own more of their earthliness and be more ready meet men as earthly human beings, meaning more simple, more straightforward, more passionate and compassionate.

That Loving Feeling...Women, when did you last enjoy that and share it with your partner? Men, do you feel that you understand women? Do you know what women really want from men?

Soon my online courses will become available for you to enjoy on a weekly basis, where these issues are fully addressed. 'A workshop delivered to your inbox,' I call it, so you can take things in as they come along, give yourself time to put suggestions into practice, then learn some more the next week. These are informative, simple, fun and definitely life-changing courses.

Here is one tip before closing: If you haven't given your partner a heart-felt compliment for a while, write down three things you appreciate about him or her. See if you can tell her or him one of those things. How did you fare?

Before I go, let me remind you of my Counselling Service, which can be done via the phone as well as face to face. You might like to have yourself checked out for Negative Entities! These addictive characters can attach themselves to our energy field during a time of stress and then influence the way we think and feel. Once removed, they cannot return, but the habit of mind developed and strengthened on account of their presence needs to be counteracted. All this can be achieved via Theta Healing and your intention. Ghosts which haunt houses can also be removed telepathically. This is my first offer to perform specific, shorter sessions (around half an hour) priced at just \$50.00 (USD)

May you walk in confidence and health,

Carla

A handwritten signature in cursive script that reads "Carla".