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*My aim is to give you access to a wide  
variety of proven tools to help you  
live life to the full.*

**Teresa McBride**

**Dear Reader,**

**Are you interested in knowing something which is utterly  
simple but which can have a profound result?**

On a wave of enthusiasm for the new year I decided to do some clearing out - a touch of

“out with the old and in with the new”! When the job was completed I felt positively euphoric opening cupboards and being met with order and space instead of clutter and chaos.

What is it about *space* that is so calming and satisfying?

Don't we say often “I need a breathing space” when we feel overwhelmed. Being tightly packed with others in a confined space, as I was recently on the underground in London at the rush hour, is not the most pleasant experience.

Being in wide open spaces is great medicine for both body and soul. How lovely to walk along a beach or stare at night into the vastness of a starry sky! I think the reason it is so appealing is that it resonates with a deep desire for inner spaciousness, for that feeling of peace which is there when everything is allowed to be exactly as it is.

Stress occurs when we resist what is happening because we believe we haven't the resources to handle it. In other words we tighten up, both in our muscles and in our minds. The resulting restriction prevents us from seeing a solution that is right in front of us. I'm sure we all know that place! The antidote to this I believe is cultivating a sense of inner space. Another way to think of this is:

*If you put a teaspoon of salt in a glass of water, it has a great effect. If you put the same teaspoon of salt in a jug of water it has less effect but if you put it in a lake, it has no effect at all.*

As Simon Parke ([www.simonparke.com](http://www.simonparke.com)), says “What is the present salt for you? And are you glass, jug or lake?” Sometimes there is so little space in us even a remark can spoil our day.

So how can we cultivate more spaciousness in ourselves?

**Would you be willing to try something which is utterly simple and takes hardly any time at all, yet can be truly transformative?**

Well, how about this?

Throughout your busy day, pause now and again and take a slow conscious breath, two or

three would be even better! As you do so look at something in your environment *without* any mental commentary whatsoever, as if you were seeing it for the first time.

And that's all!

It is not the *length* of the pauses that is important but rather the *frequency* of them. Sprinkle them throughout your day - you could start this moment!

Practise on the hour, the half hour, before you begin a new task, when you've finished a phone call, before you start the car engine, walking to the photocopier or when you feel the slightest anxiety creeping into your mind.

Eckhart Tolle tells us that if we could do this consistently every day, by the end of a year we would not recognise ourselves.

Why is something as this so effective?

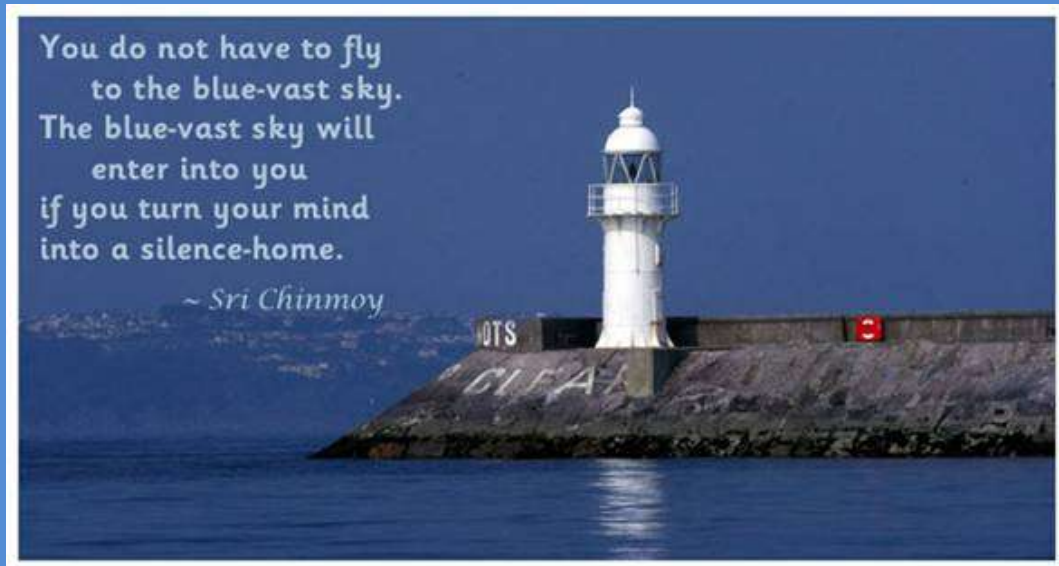
It is because it is bringing us back into the present. It is allowing space to enter into the clutter and tightness in our minds. That space is not emptiness but is filled with pure consciousness which is constantly offering us everything that truly supports our well-being.

Having been practising this for the last few months I do feel more ease and calmness in even the busiest days. Sometimes I forget for hours at a time but that's ok. When I remember I start again - no big deal!



If you would like to create a space for yourself, where in a spirit of total acceptance, you can unpack and unravel any issues which are troubling you, why not make an appointment for Hypnotherapy or Life Coaching with me?

Or perhaps you'd like to be a participant on my Love Yourself Louise Hay workshop on Feb. 26<sup>th</sup>. This is a space devoted to nurturing the very best in you. For more information and to book your place go to: - [www.teresamcbride.co.uk](http://www.teresamcbride.co.uk).



Until next month, may you be well!



## What Else is On?

### **New Horizons Network**

This is a new exciting group which has been created by my friend and colleague, **Maureen Butler**

The intention behind the group is to bring together people who have experienced the unexpected. It will focus on giving participants the tools to look after themselves as they move forward.

If you have experienced loss or change or if you are at a crossroads come to the group for support.

**Wednesday 12<sup>th</sup> January Belmont Tower** and each subsequent 2<sup>nd</sup> Wednesday monthly.

**Wednesday 19<sup>th</sup> January Clarion Hotel, Carrickfergus** and each subsequent 3<sup>rd</sup> Wednesday monthly.

Guest speaker on February 9<sup>th</sup> /16<sup>th</sup> Teresa McBride

Guest speaker on March 9<sup>th</sup> / 16<sup>th</sup> Jane McClenaghan

More info at [www.maureenbutler.co.uk](http://www.maureenbutler.co.uk)

### **Six Weeks to Super Health**

If you want 2011 to be a year filled with health and energy then don't miss this event.

Starting 31<sup>st</sup> Jan. at Active Healthcare, Holywood.

More info at [www.vital-nutrition.co.uk](http://www.vital-nutrition.co.uk)

### **Positive Living Network**

A great place to come once a month to be inspired and mix with like-minded people.

**Wellington Park Hotel, Belfast** Wed.26<sup>th</sup>. Jan. and last Wed. of every month.

More info on this and other great events at [www.freshstartcoaching.co.uk](http://www.freshstartcoaching.co.uk)



### **Teresa's Services and Products:**

My aim is to give you access to a wide variety of proven tools to help you live life to the full.

- Hypnotherapy
- Life Coaching
- Wellbeing at Work Courses
- Effortless Living Workshop
- Confidence Workshops
- Pampering Days
- Louise Hay Workshops
- Inspirational Talks

If you'd like to experience my cd's, why not listen to a taster on my website. Please visit:  
[www.teresamcbride.co.uk](http://www.teresamcbride.co.uk) for more audio products.



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