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Teresa McBride

Training and Therapy



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

Teresa McBride

«*GreetingLine*» as I write this it is a beautiful spring day. When I was out walking this morning the banks of crocuses were a delight to behold. It's amazing to think that two months ago they were buried deep in the cold, dark earth.

Nature is a wonderful teacher and in spring she is announcing, "*Let's begin again!*"

As long as we have life in our bodies WE also have the opportunity to begin again.

Sometimes we get dispirited with ourselves when we consider all the New Year resolutions that have bit the dust, the broken promises to ourselves and others, the great plans that came to nothing, the attempts to be fitter, thinner, healthier, kinder, more loving, less judgemental, more organised, less worried, more trusting. Ah yes! We could go on and on!

But still, spring is calling to us “Begin again!” We are being invited to let the past go and at this very moment we could make a new decision and recommit to ourselves.

And do you want to know a little secret that makes any change infinitely easier?

Do it with loving kindness to yourself, no scolding or criticism. Criticism holds us back, encouragement moves us forward.

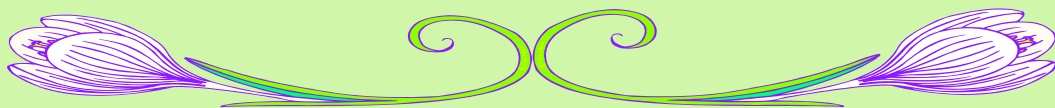
Nature is teaching us that there is a powerful force that supports all of life. That force enabled the little crocuses to endure months in darkness and emerge as jewelled heralds of spring. It is available for us too when we decide to ***begin again!***

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If you would like to give yourself a real treat by learning how to *begin again* to take great care of yourself, why not join Sonia Longridge and myself at the beautiful peaceful surroundings of Castle Espie on 9th April for the annual

Relax & Restore Women’s Day

For more information or to book a place, go to www.teresamcbride.co.uk.



News Update

INTERNATIONAL SPIRITUAL TEACHER IN BELFAST

I feel deeply honoured and privileged to be able to host internationally renowned spiritual teacher and author of the book “Boundless Love”,

Miranda Macpherson on 10th & 11th. May 2011.

This is Miranda’s only event in Ireland on her current European schedule. It is a rare opportunity to experience the work of someone whom I consider to be one of the truest spiritual teachers in the world today.

Miranda is now based in California and teaches all over the world. She is founder of the ground breaking Interfaith Seminary in London and one of the primary teachers at the Findhorn Foundation in Scotland.

Hers is an integrated and very practical approach which offers participants, in a tangible atmosphere of unconditional love, the opportunity to unwind patterns of suffering and reconnect to the power and love which is at the core of their being.

Tuesday May 10th. 7 00 - 9 00pm Talk - “Authentic Spiritual Living”

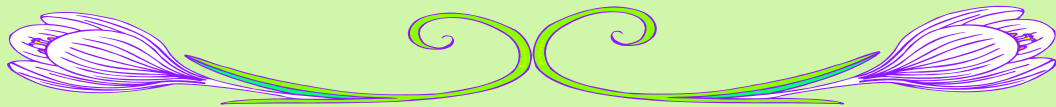
Wednesday May 11th. 10 00 am - 5 00 pm “Awakening Love & Wisdom”

Venue: Ivanhoe Hotel, Saintfield Road, Belfast

For more information on Miranda’s work visit her website www.awakeningwithmiranda.com

For more information on the Belfast event or to book a place go to
www.teresamcbride.co.uk

[There are three booking options available - evening talk only; full day workshop; evening and full day with £5 discount]



What else is on?

New Horizons Network

2nd Wednesday of every month **Belmont Tower, Belfast**

3rd. Wednesday of every month **Clarian Hotel, Carrickfergus**

Speaker this month - Maureen Butler “You Can if You Have a Plan”

13 / 20th April

Guest Speaker Jane McClenaghan ‘vital Nutrition for Challenging Times’

Jane is Northern Ireland’s leading Nutrition Therapist

More information at www.maureenbutler.co.uk

Positive Living Network

This is a great place to come once a month to be inspired and mix with like-minded people!

Wellington Park Hotel, Belfast 7 30 pm Wed.30 March.

This month’s theme is **PROSPERITY CONSCIOUSNESS** with a talk by **Jenny Grainger** and a demonstration of Emotional Freedom Technique by **Bridin McKenna...**

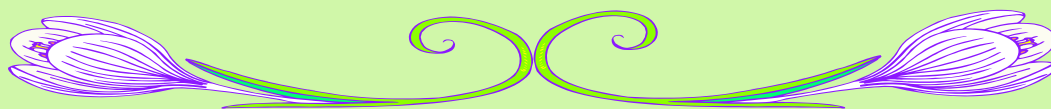
More info on this and other great events organised by Jenny Grainger at

www.freshstartcoaching.co.uk

Every day is a fresh beginning;
Listen, my soul, to the glad refrain,
And, spite of old sorrow and older sinning,
And puzzles forecasted and possible pain

Take heart with the day, and **begin again.**

Susan Coolidge

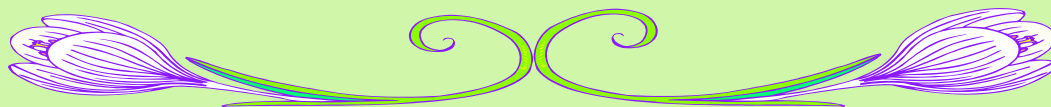


Teresa's Services and Products:

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 for more audio products.



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