



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



Do You Want to Feel Free? by Teresa McBride

Nature is an amazing teacher. It has so many very valuable lessons for us if we are willing to learn.

When I'm out walking I love looking at trees. This time of year the red and golden colours are quite breathtaking - the huge beech trees along the Lagan are a joy to behold. Yet in a few short weeks all those beautiful colours will have disappeared and the trees will be completely bare. There is often a sadness attached to this, like the letting go of love or beauty, but the trees are simply letting go of what is no longer needed.

How good are we at doing that?

A few weeks ago I went with some friends to a seminar in Dublin given by world renowned spiritual teacher and author of “The Power of Now” Eckhart Tolle. One thing he said really struck me - when we stop complaining we drop about 70% of the heaviness in our minds. Wow! I like the sound of that!

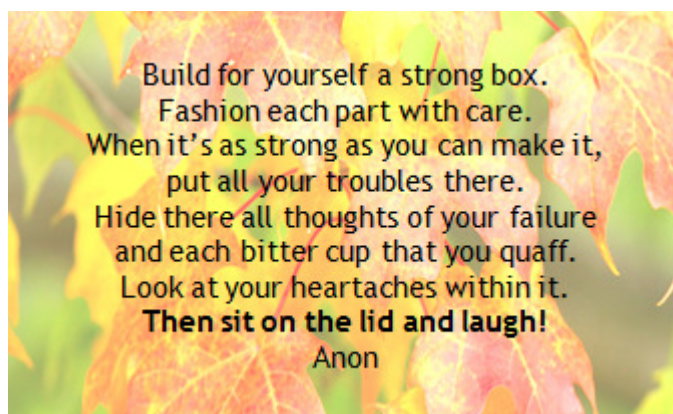
I’ve been thinking (in the interests of feeling lighter!) what else we could let go of?

What about old limiting beliefs about ourselves which drain our confidence? How about letting go of our judgements, resentments, regrets, guilt and fears? Don’t we burden ourselves with so much that serves no purpose but merely weighs us down? The trees are a living lesson in letting go. Yet, if we look closely we see that even before the leaves have fallen, the buds which will burst into life in Spring, are already in place.

Everything is already in place within us too. Each time we **choose** to let go of a little hurt, a complaint, a negative feeling, another’s opinion of us, a worry, we are freeing ourselves and creating space for something new and more life-enhancing to enter.

So today every time I catch myself complaining, judging or criticising, I’ll just think of those trees and gently remind myself to unclasp my mind and be willing to open up to a different kind of beautyI can/shall will myself free.

And maybe you’d also like to take the advice from this little ditty below;



If you’d like to let go of things in your life that have been holding you back why not join me at my next workshop **Love Yourself, Heal Your Life**, the last of this year? If you go to www.teresamcbride.co.uk/testimomials you can read some of the comments from last month’s participants or perhaps you’d like to book a one-to-one session with me in Life Coaching or Hypnotherapy? For the month of November I’m offering 10% discount on all such sessions for recipients of this newsletter.



What else is going on?

The Natural Health Fair - Ramada Hotel on **Sunday 14th Nov.** This is a great day out. Check what’s available at www.naturalhealthfair.org. Please do come along to my stand and say “Hello”.

A great way to end the month and give yourself a real boost is to go along to the **Positive Living Network** in the **Wellington Park Hotel** 7- 9 30pm, on the last Wednesday of every month. More info at www.freshstartcoaching.co.uk



Products:



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Love Yourself Heal your Life

A one-day **Louise Hay** workshop

Led by **Teresa Mc Bride**

Belmont Tower

Belmont Church Road, Belfast

Saturday Oct. 16 or Saturday Nov. 27, 2010

10 am – 5 pm

In a very gentle and supportive setting
this workshop offers you the opportunity to:

- ✓ Become aware of the healing power of self-love
- ✓ Identify and transform negative beliefs and fears
- ✓ Leave the past where it belongs and live more fully in the present
- ✓ Realise the impact that your thoughts have on your daily life
- ✓ Let go of the inner critic
- ✓ Discover your inner strengths
- ✓ Be more relaxed
- ✓ Achieve super self-confidence
- ✓ Learn how to make your dreams and aspirations a reality.

Cost: £49 (early bird £39)

For more information:

Tel.: 028 9070 3962 / 028 9070 2294

Email: info@teresamcbride.co.uk **Web:** www.teresamcbride.co.uk

Change your thinking. Change your life!

Teresa Mc Bride is an accredited Louise Hay workshop leader.

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