





















FUTURE

Present.



GUILT PILLS 2FOR1 DISSOLVETHATPAIN AWAY TODAY!

> PAST LIFE RETRIEVAL SESSIONS

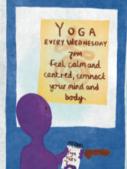
NEW IN VIRTUAL REALITY. RELIVE YOUR FONDEST MEMORIES, AGAIN AND AGAIN!

PHILOSOPHY NIGHT

TUESDAY 22ND ring your curiosity!

Meditation Sessions Mondays 8 Wednesdays 5PM

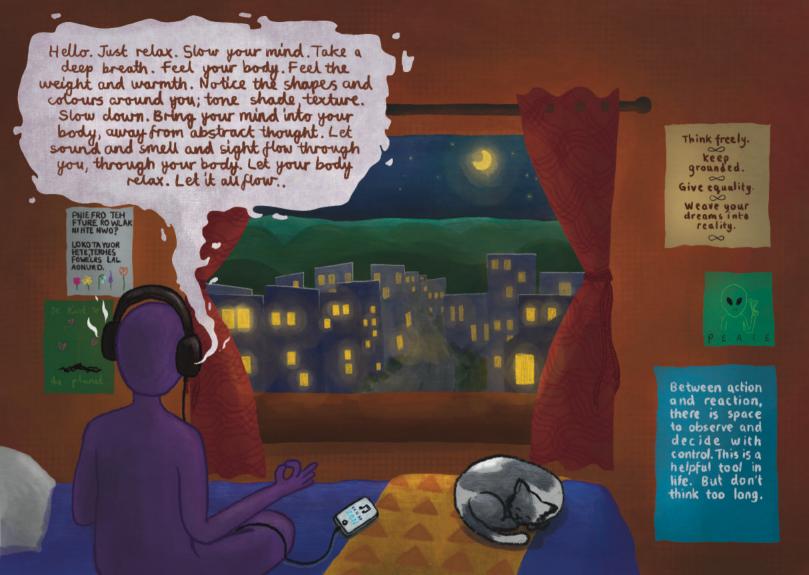
Follow your gut Cream Legs gone to jelly?!
Just rub this on your
belly!!



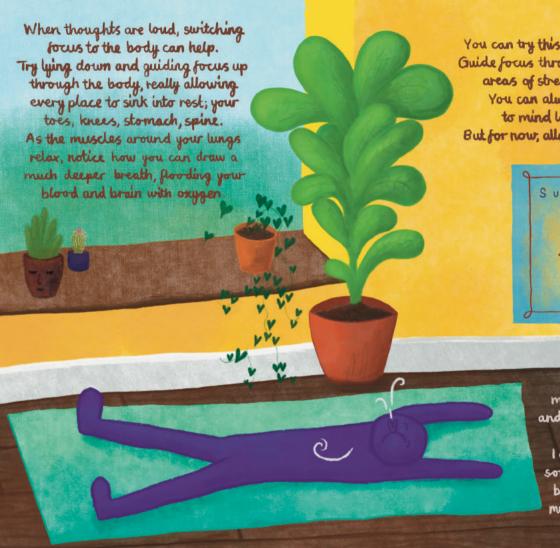
THE NEW DNA

NOW EXTRA MINTY!









You can try this same technique with the mind. Guide focus through your thoughts, noticing any areas of stress or tension. Let them relax.

You can always bring the thought back to mind later, at a time you decide.

But for now, allow yourself a breath of fresh air.



A daily practice of simple movements, a routine of stretches and holds, can do a lot for the mind and body.

I always feel more grounded after some yoga. Realising that we are all breathing bodies, with blood and muscles and bones, makes me feel less disconnected to others. A lot of our species environment uses straight lines and right angled structures. The mind can fall into similar rigid notions.

But our minds also need to roam freely, to be random and to play. So much of our learning as children is done through play. Spending time in nature loosens the mind by surrounding it with flowing structures, moving patterns and layered colours.

Yeah, Imiss that,

Do you remember when you were a kid and friends would come knock on your door and say want to come play?

It's easy to fall into a habit of only doing things that are normal to us. But sometumes its healthy to wander in the unknown.

Our bodies have an internal clock that helps us cycle between activity and rest. I imagine it like music, a steady, grounding beat that backs the melody of life. Without rhythm, energy is used insufficiently, peaking and crashing out of time, leaving us feeling sluggish.

Get plenty of vitamin D and H20.

Keep your sleeping pattern and meals at regular times, with balanced nutrition to strengthen rhythm.

Try bringing this sense of rhythm into your awareness. Feel the natural rise and set of each day. I took away my curtains to connect with the cycle of light and dark.

We are a tribe of many tribes. Feel your roots, have empathy and connections within the community.

Here and now, together.

This life is a collective contribution.



Know that feeling good isn't the aim. When you focus yourself to feel happy, it can burn out the motor. Cry if you need to. Share with someone what is bothering you.

I think we can miss a lot of what life has to offer, if we fill every silence with thought.

Can you hear what your heart is saying?

Do you feel the surge in your belly, that leads you through right and wrong?

Trust it.

Three questions I use to guide myself through life:

Does it feel true?
Does it aid growth?
Does it make your heart beat faster?







