

AKASHA'S BREATH OF FRESH AIR - DECEMBER 2009

HELLO!!



Hi Ruth,

What a long time it's been since I sent the last newsletter and what a year it's been – I could write a book! Oh yes, now I remember, I just did. Finally, a commissioned project of 50,000 words that was started last Christmas with a deadline of 15th March was finished and sent to press at the start of this month – *just a tiny bit behind schedule!*

So now I feel like I have my regular life back. What an all-consuming task, and big thanks to the many of you who dropped me a line saying that you missed not receiving the newsletter.

As the Christmas break is about to start, I'll keep this offering fairly brief as I'm sure you have a million and one things still to do – or maybe you're better organised than me. I always think that this time of the year is one for reflection on the year past, with a view to considering how the new year can be more inspiring, healthy, creative, happy etc - and recently Karen, a friend of mine, sent me the following. It certainly made me think.

It's a conversation that was overheard on a ham radio.....

FEATURE: 3900 SATURDAYS

"Well, Tom, it sounds like you're really busy with your job. I'm sure they pay you well but it's a shame you have to be away from home and your family so much. Hard to believe a young fellow should have to work sixty or seventy hours a week to make ends meet. It's too bad you missed your daughter's 'dance recital' he continued. 'Let me tell you something that has helped me keep my own priorities.' And that's when he began to explain his theory of a 'thousand marbles.'

'You see, I heard that an average life span is 75 years, so I multiplied 75 by 52 weeks and came up with 3900 - which is the number of Saturdays that the average person has in their entire lifetime. Now, stick with me, Tom, I'm getting to the important part.

It took me until I was fifty-five years old to think about all this in any detail', he went on, 'and by that time I had lived through over twenty-eight hundred Saturdays.' 'I got to thinking that if I lived to be seventy-five, I only had about a thousand of them left to enjoy. So I went to a toy store and bought every single marble they had. I ended up having to visit three toy stores to round up 1000 marbles. I took them home and put them in a large, clear plastic container.

Every Saturday since then, I have taken one marble out and thrown it away. I found that by watching the marbles diminish, I focused more on the really important things in life.

"There's nothing like watching your time here on this earth run out to help get your priorities straight."

'Now let me tell you one last thing before I sign-off with you and take my lovely wife out for breakfast. This morning, I took the very last marble out of the container. I figure that if I make it until next Saturday then I have been given a little extra time. And the one thing we can all use is a little more time.'

'It was nice to meet you Tom, I hope you spend more time with your family, and I hope to meet you again here on the band. This is a 75 Year old Man, K9NZQ, clear and going QRT, good morning!'

As I said it certainly made me think - especially as based on those calculations, I need to go out and buy 906 marbles - which isn't that many!! (I wonder if that's where the expression "losing your marbles comes from" - just a thought.)

So here's some end of year questions:

"How many "marbles" do you have left?"

- * Has it been the kind of year you wanted?**
- * Did you fulfil the goals you set yourself?**
- * What do you want for next year and your future?**
 - * Are you looking to change your job?**
- * Are you in a relationship that's past it's sell by date?**
 - * What did you learn about yourself this year?**
- * Did you grow in some way or do you feel you stagnated?**
- * Are you hanging onto grievances that need sorting?**
 - * What do you want to let go of?**
- * What would you like more of in your life?**
 - * What are you truly grateful for?**

TO MAKE YOU SMILE... (you might need it after all those questions!)

Now I know that I sent this out a couple of Xmas's ago but so many of you enjoyed it, I thought you might like a reminder. Mind you it's a bit late to be making Xmas cake now but if you absolutely must.....this is probably the most enjoyable way!

CUERVO CHRISTMAS CAKE

Ingredients:

1 cup of water
1 tsp baking soda
1 cup of sugar
1 tsp salt
1 cup of brown sugar
lemon juice
4 large eggs
nuts
1 bottle Jose Cuervo
2 cups of dried fruit.

Instructions:

Sample the Cuervo to check quality.

Grab yourself a large bowl.

Check the Cuervo again - to be sure it is of the HIGHEST quality, pour one level cup - and drink! Repeat!

Beat one cup of butter in a large fluffy bowl.

Add one teaspoon of sugar.

Beat again.

At this point it's best to make sure the Cuervo is still OK.

Try another cup - just in case.

Turn off the mixerer thingy.

Break 2 leggs and add to the bowl and chuck in the cup of dried fruit.

Pick the frigging fruit off floor.

Mix on the turner.

If the gried druit gets stuck in the beaterers ju st pry it loose with a drewscriver.

Sample the Cuervo to check for tonsisticity.

Next, sift two cups of salt. Or something. Who givshz a damn.

Check the Jose Cuervo.

Now shift the lemon juice and strain your nuts.

Add one table.

Add a spoon of sugar, or somefink. Whatever you can find.

Greash the oven.

Turn the cake tin 360 degrees and try not to fall over.

Don't forget to beat off the turner.

Finally, throw the bowl through the window.

Finish the Jose Cuervo and wipe the counter with the cat.

CHERRYMISTMAS!!!!

Thank you to Sandra and Jerry who have extensively tested this recipe for you at great cost - mainly to their livers!

BECAUSE WE LIKE THEM.....

We decided that each month we would include a few links to other sites, either because we know the people concerned and think they are great or we were inspired by the site and wanted to share it with you. By the way, these are not affiliate links and no money is received for including them.

www.breathoffreshair.uk.com

Jacqueline Harris contacted me because we have similar brand names. However, whilst mine is a newsletter, Jacqueline offers a unique approach to effecting change through the mind and body. It can be applied to executive and team development, training conferences and events.

www.thenakedvoice.com

Chloe Goodchild is the most amazing devotional singer whose voice workshops are personal development in themselves!

If you have enjoyed this newsletter and know of somebody else who would benefit from it's message, please forward it to them and suggest that they subscribe.

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Oh, by the way - in case you were wondering what the book is about, it's called "Do I Kneel or Do I Bow" – What you need to know when attending Religious Occasions".

However, it's a lot more too! Covering all the major faiths the structure contains what they believe; their place of worship which includes layout and service information; Festivals and Holy Days together with how they are commemorated or celebrated, and the Rituals and Ceremonies of Birth, Coming of Age, Marriage, Death and Mourning, with a strong emphasis on what is happening in those ceremonies and what you as a guest need to know, and do (or not do!) All wrapped around lots of beautiful and informative photographs.

It will be published in the UK by Kuperard (an imprint of Bravo Ltd) on the 25th February 2010 and distributed in the US by Random House from the 2nd March.

So until the next time, John and I wish you a very happy, healthy and abundant 2010.

Akasha

PS: Apologies if any of the layout etc. isn't quite right when you receive it but this is the first time I have used this system and I am not the world's greatest techie!

Rev. Akasha Lonsdale, Interfaith Minister, Psychotherapist, Speaker and Author

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