

Hi Everyone,

How are you? It seems such a long time since the last newsletter, and thank you to those of you who asked where it was!

Well they say that the "only constant thing in life is change" - and as we are no exception, as from the beginning of March, we have a **new look website** and newsletter. We will be mailing you in the next month or so, and if you have enjoyed receiving "A Breath of Fresh Air", you will need to "opt in" to get it in future. This is a requirement of the new system we will be using, and is for your protection.

Meantime though.....here's what's coming up in this issue.

*** Feature: Problems and Gifts**

*** To Make you Smile**

*** Video link.....**

*** Akasha's New Book**

*** Because we like them.....**

TOTAL READ TIME: 4 MINUTES....if that

Feature: Problems and Gifts

I loved the story I read the other day about an engineer who, having been made redundant after 16 years in his job, created and put on a sandwich board to advertise his skills. For several days, he stood at the entrance to an Industrial Estate, and apart from a lot of support in the form of tooting horns and people waving, he was offered a job. Result! He said that he knew he had to just get back out there and do whatever it took to bring in money to support his family. Lots of people commented on how it was reminiscent of the approach taken by some during the depression of the 1930's.

And of course, what we are experiencing now, does seem to be closer to depression than recession. What can make the difference though, is how we approach it and how resilient we are in the face of crisis/problems. I sometimes feel that learning endurance and tenacity has somehow slipped off the radar. We have been living in pretty bountiful times over the past 20 years and I think that this current “belt tightening” time is very hard for a lot of people – because they haven’t had to be overly concerned with these qualities.

I am currently writing a book on being a good guest at other people’s religious occasions, and having just finished the chapter on Christianity, I am very aware that we are about to enter the season of Lent. Until recently, this didn’t mean that much to me other than having heard people in the past asking “what are you giving up for Lent” because this time is one of going without something – chocolate, alcohol etc. For Christians, it is also a period of reflection to mirror the forty days spent by Christ in the wilderness, fasting and being tested by the devil. It was a time of endurance and a strengthening of will.

Maybe the modern day “devil” is the recession but as I always say “There is never a problem without a gift for you in its hands”. The question is, will you see the gift?” Will you grab this chance to work on your tenacity and endurance? I believe that this, combined with a positive approach and gratitude for what you do have, is the most powerful way to ride difficult times – not easy but definitely possible. I’d love to hear how you get on!

To make you Smile.....

One day God was looking down at earth and saw all of the rascally behaviour that was going on. So he called one of his angels and sent the angel to earth for a time.

When he returned, he told God, 'Yes, it is bad on Earth; 95% are misbehaving and only 5% are not.'

God thought for a moment and said, 'Maybe I had better send down a second angel to get another opinion.'

So God called another angel and sent him to earth for a time also.

When this angel returned he went to God and said, 'Yes, it's true. The earth is in decline; 95% are misbehaving, but 5% are

being good.'

God was not pleased.

So he decided to email the 5% who were good, because he wanted to encourage them, give them a little something to help them keep going.

"Do you know what the email said?"

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"No?"

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"OK, just wondering. I didn't get one either....."

**PASS THIS ON. CLICK HERE TO BRIGHTEN AND INSPIRE
SOMEONE ELSE'S DAY.**

VIDEO LINK to "DID YOU KNOW?" - played at last year's SONY conference. If you like amazing statistics - you'll love this!

<http://www.youtube.com/watch?v=cL9Wu2kWwSY>

*******COMING IN OCTOBER 2009.....AKASHA'S NEW BOOK*******

**"OTHER PEOPLE'S CEREMONIES:
THE GOOD GUEST'S GUIDE TO RELIGIOUS OCCASIONS"**

It will be widely available in the US and the UK

Because we like them

We decided that each newsletter 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.jessicamcgregorjohnson.com

My good friend Jessica has recently published her excellent book "**Remembering Perfection: Everyday inspiration for remembering your spirituality**". An easy to read handbook for wholeness and a spiritual guide for living in Grace. Treat yourself.....

www.gratefulness.org

This is a really beautiful site where you can light a virtual candle for healing or peaceor whatever you feel inspired to light a candle for.

www.poeticexpressions.co.uk

If ever need inspirational poetry and readings for a special occasion - this is the place to visit.

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. **Click here** to pass it on.

If this has been forwarded to you [Click here](#) to sign up and ensure you receive your own regular **Breath of Fresh Air**

Until next time, John and I wish you an abundance of health and happiness,

Akasha

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