

Oct/Nov's Breath of Fresh Air from Akasha

19/10/08

**Hi everyone,**

My inspiration for this latest newsletter has come from - yes, you guessed it - the credit crunch. "Oh no", I hear you groan, "not more doom, gloom and disaster."

I know - no matter what country you are in - it's everywhere you look isn't it? I just came back from my six weekly guest slot on local BBC Radio, where myself and a fellow guest review the week's news, and of course it was top of the list again.

However, before I dive into this month's feature, Creating your Reality, I wanted to tell you about some **good news** I found on the internet (link at the end under "Because we like them").

Apparently, US Doctors have found that the 1977 Bee Gee's hit "Stayin' Alive", provides an ideal beat to follow while performing chest compressions as part of CPR (CardioPulmonary Resuscitation), on a heart attack victim. The American Heart Association says that ideally there should be 100 chest compressions per minute, and in the song there are 103!

Knowing this could save a life, as often people are unsure of the proper rhythm and can do it too slowly to be effective. It certainly helped a group of Dr's and medical students, who found this a very helpful way of not only remembering, but applying the correct pace to their dummy patients. Now - where did I put that song.....?

Here's an overview for this issue.

\* **Feature:** [Creating your Reality](#)

\* **Pause for Thought:** [There is always a good side](#)

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

**Total read time: 5 minutes**

 **Feature: Creating your Reality**

The first thing I want to say is that I'm not wanting to trivialise anything to do with the terrible experiences that many are having as a result of the collapse of global financial

institutions. Indeed, I recently surrendered a small pensions policy because it wasn't likely to make me much interest by age 65..... and having researched the market, I put it into an online Icelandic Bank! Fortunately I also made sure that it was covered under UK Law, but accessing it might be interesting.

So my focus in this feature is the aspect of fear that has come with all of this. In this country it started with the collapse of Northern Rock and then talk of a pending recession that would likely be worse than that of the 1930's. A level of tension has heightened and it seems that everywhere I go it is either commented on, or I overhear others talking about it.

Now at one level, why wouldn't you talk about it - it's a serious situation? But does worrying and fretting about it, make it any different? I don't think it does. In fact, I think it makes it worse. Why? Because fear creates a contraction of energy. It's like having a shock which causes a sharp intake of breath, and then forgetting to breath out again. It becomes like a freeze frame moment - suspended in mid-air. Nothing moves, no air circulates - until you breath out again.

On the other hand, having a more optimistic or positive approach has the opposite effect - energy expands, and when energy expands there is more possibility, more room to find solutions rather than create more problems.

To get an idea of how this works in our daily lives, you might like to try this exercise which is from my book "How to do life - powerful pointers for powerful living". I call it the Love/Hate Exercise:

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*Sit comfortably and take a few regular breaths. Then close your eyes and repeat the word "Hate" to yourself about 8 times. As you do this, just notice the impact on your physical and emotional self. What did you notice? Most people report that their breathing became faster; some experience a tightness in the chest; others a tensing in their stomach. The overall sense is not a pleasant one.*

*Now do the same thing but this time use the word "Love". What did you notice? Was it a different experience? Again, most people say that it was quite different. They report having felt more relaxed, warmer and generally more open hearted.*

This is a very quick way to experience for your self, the moment by moment impact on our physical and emotional state that is caused by how we think. So if we constantly think and talk in a way that embraces "doom, gloom and disaster", I would suggest that we are well on the way to creating that reality. Imagine how contracted the world becomes when millions of people are thinking and talking that way every day!

I don't suggest that we adopt an attitude of positivity that ignores what is happening in the world, but perhaps consciously creating a state of mind that embraces optimism, would be more helpful for the way forward in these difficult times.

Courage is often needed to do this, and courage is linked to the heart - in fact the French word for heart is "coeur", hence Richard the Lionheart (Richard Coeur de Lion). So "take heart" - this too will pass.

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If you want to gain a deeper understanding of how we create our reality, then John is facilitating this workshop in November and will also be speaking at the [Mind, Body, Soul Festival in London](#).

## **CREATING YOUR REALITY - USING THE LAW OF ATTRACTION**

### **A powerful one day "starter" programme with John Gloster-Smith**

\* How often do you find you don't get what you want, however hard you try?

\*Do you feel frustrated over not realising what you most want in life?

Then come on this stimulating and thought-provoking first-level programme that will introduce you to your own powers of manifestation. Discover how you already create your own reality, and how you can manifest positively what you want using the Law of Attraction. Learn about the tools and techniques you can use to recognise and build your own capabilities of creativity, and to direct your thoughts and feelings to achieve effective results aligned to your life values.

#### **When?**

Saturday 22 November 2008 (there is an evening introductory talk on 14 November at The Swedenborg Hall, Barter Street, (off Bloomsbury Way), Holborn, London.WC1A 2TH.....£5)

#### **Where?**

[London College of Spirituality](#), Suite 16, 4 Bloomsbury Square, Holborn, London WC1A 2RL

#### **How much?**

Just £69

#### **How do I book?**

[Contact The London College of Spirituality](#)

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### **Pause for Thought: There is always a good side**

*Everything depends on the way you look at things.  
View every problem you encounter as an opportunity.  
There is always a good side to every situation.*

*The optimist sees an opportunity in every misfortune.  
The pessimist sees misfortune in every opportunity.  
The optimist sees the doughnut,  
the pessimist sees the hole.*

*You can develop success from every failure.  
Discouragement and failure are two stepping stones to success.  
No other elements can do so much for you  
if you're willing to study them and make them work for you.*

*When it is dark enough .....you can see the stars.*

**PASS THIS ON. [CLICK HERE](#) TO INSPIRE SOMEONE ELSE'S DAY.**

### **Simply Divine Ceremonies**

As many of you already know, I am an ordained Interfaith Minister offering beautiful, personalised ceremonies to mark the milestones of life. Here are one couples comments on their recent [wedding ceremony](#) that I had the pleasure of co-creating and conducting.

*Rev. Akasha was a very reassuring presence in planning our wedding ceremony, and helped us create a wonderful ceremony, that felt right for our wedding and was enjoyed by our families and guests. She led us through the process of thinking and deciding what was right for us with care, insight and consideration.*

*We appreciated how well prepared & professional she was, all the time and attention she gave us and we found the examples, readings and talking through of ceremony types helpful in shaping our own thoughts. Having someone who listened carefully and asked good questions felt supportive and allowed us to explore what it meant for us.*

*We felt reassured and able to relax on the day knowing that Akasha had the assurance, presence and confidence to hold the ceremony and lead everyone through it.*

*We have had lots of letters and comments from friends and family that have said how much they enjoyed the ceremony - many have said it was the best wedding they have been to! Many have also said how moving it was, there were a lot of teary eyes!*

*One of our guests said, "I thought it was good because amongst the congregation there were religious people and staunch atheists and the service was interpretable in a positive light by the religious and atheists alike. It didn't alienate and felt inclusive and had meaning for all."*

B & H, Temple Farm, Wiltshire, UK

So if you are thinking of getting married and want a unique and special ceremony, then I'd love to hear from you. My email address is

**Widget: email cloaker**

and details of all the ceremonies I offer are available at  
[www.simplydivineceremonies.com](http://www.simplydivineceremonies.com)

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### 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.optimistworld.com](http://www.optimistworld.com)

This is the site where the news about the Bee Gee's song came from. It is currently a free site of good news. (The previous site I mentioned in May is now payable!)

[www.freerice.com](http://www.freerice.com)

I love this site. Improve your vocabulary and help end hunger for the poor. For each correct answer, 20 grains of rice are donated through the UN World Food Program. Spread the word.....

[www.10millionclicksforpeace.org](http://www.10millionclicksforpeace.org)

Just what it says.....

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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 very own ..... **Breath of Fresh Air**

**Until next time, John and I wish you health, abundance and happiness.**

*Akasha*

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