

THE BEACON for Personal Power

For People Seeking Ultimate Personal Power



APRIL 2008: Are you wearing a mask?

Are you wearing a mask?

You know the ones I am talking about...

The Approval Seeker
The Victim
The Rescuer

Suppose for one minute that you could stop wearing that mask, take centre stage and propel yourself into the success you know belongs to you?

Let me share a secret with you.

Personal Development Coaching will help you get what you want out of life... the easy way!

Call Lois at (905) 713-1352 or email lois@discoveryyourselfcoaching.com to book your **FREE* coaching session** and find out how to take off your mask and start living life the way you want!

I Have Learned...

I have learned the five most important words to remember: It's over and you survived!

Quote

"Unease, anxiety, tension, stress, worry... all forms of fear... are caused by too much future, and not enough presence. Guilt, regret, resentment, grievances, sadness, bitterness, and all forms of non-forgiveness are caused by too much past, and not enough presence."

- Eckhart Tolle

What Everybody Should Know... About How To Live A Peaceful And Happy Life

The Law of Attraction!

Last year that law was on everyone's mind and its popularity skyrocketed the sale of both the book and the movie. Did you happen see "The Secret" movie or read the book?

Here's something you may not know this Law of Attraction is only one of the 12 Universal Laws that people use to improve their life?

That's right. For thousands of years, people just like you, have been using these **12 guiding principals to enhance their physical, mental and spiritual growth**. These 12 universal laws are all interrelated with their foundation based on the understanding that all things in the universe are made up of energy.

That even includes you.

Learning to control your thoughts, emotions and actions can bring about some remarkable changes and enhancements to your life. You will find that people who make use of these 12 laws lead happier and more fulfilled lives.

Here's a breakdown of these 12 amazing Universal Laws:

1. The Law of Divine Oneness

This law is often referred to as the Law of Unity, reminding us that we are all connected and that what we do and think has a ripple effect on the universe around us.

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2. The Law of Vibration

The universe never sits still! It's always vibrating, pulsing. AND not only does this happen in our physical world, our thoughts are also vibrating. Those good loving feelings call for higher vibrations and always get pleasant results.

3. The Law of Action

The universe always rewards action! If you discipline yourself to take action on the bigger, more complex things in life you will naturally find that the smaller things take care of themselves.

4. The Law of Correspondence

Simply put: If your thoughts are constantly concentrated on how unhappy you are, then you'll continue to have that corresponding energy showing up in your life and you'll continue to be unhappy. Change your thoughts and change your life!

5. The Law of Cause and Effect

Every action has a reaction and nothing ever happens by chance. Whatever messages you are sending out to the universe, the same comes back to you. Like causes produce like effects. Why not think about giving instead of getting.

6. The Law of Compensation

These are all the physical rewards, blessings and abundance that we receive in our life.

7. The Law of Attraction

Like attracts like. It's that simple. In actual fact, this law helps us understand that even the things in life we don't want will be attracted to us by simply spending too much time concentrating on them. If you think you don't have enough, well, that's what will keep filling up your life. Why not fill up your life with the things you want?

8. The Law of Perpetual Transmutation of Energy

Well, that's a mouthful isn't it! Sounds a little complicated but what it all boils down to is this: Energy is continuously moving into some kind of physical form. And higher vibrations wipe out or transform lower ones. By holding a positive (higher vibration) image in your mind often enough, you can help it materialize.

9. The Law of Relativity

Take it easy now, this law isn't really about relatives. It's about remembering that no matter how bad things may seem to be, there is always someone worse off. (I know this to be true because sometimes it feels like it might be me!)

10. The Law of Polarity

Often times people refer to this law as the Law of Opposites. Everything has an opposite, like there are always two sides to a story, left and right, up and down, positive and negative. So, when you perceive something that has happened to you as a negative, then it must have a positive opposing side to it. Why not choose to be that person who is always looking for that silver lining?

11. The Law of Rhythm

Everything in the universe vibrates to a certain pattern or rhythm. I was just in South Carolina for a brief get away and did a lot of walking on those beautiful sandy white beaches. Each day the tide came in and went out. It had its own rhythm. Next time you find yourself in a downbeat cycle, remember that 'this too shall pass'.

12. The Law of Gender

Even though they are opposite, there is a male and female characteristic to everything. They complement each other ... completely. This happens to be the basis of creation. Many people believe that the subconscious is feminine which gives it the power to create while the conscious mind, being masculine, provides both focus and direction. They work together to help you accomplish anything you want.

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Although there is nothing magical about these laws, when you follow them, these life enriching principles will help anyone to have a more peaceful, abundant and harmonious life.

Why not start putting these universal laws into practice in your own life?

If you need some help to get started, give me a call or email me and we can set up some time to talk about how I can will help you bring these universal laws into your own life ... with the ease of personal coaching!

(905) 713-1352

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Feel like your life has reached a dead-end?

**Are you stuck?
Feel like there's something missing?**

Are you tired of reading self help books, listening to confidence building tapes, watching success video after video and you're still feeling stuck?

If you want to get different results ... here's your chance to get started!

Personal Development Coaching

Now here's your next step:

Call me *right now* at (905) 713-1352 (or email me at lois@discoveryyourselfcoaching.com) to book your first ***FREE* coaching session.**

My gift to you to help you get unstuck!
It's that easy!

BUT wait ... don't forget to visit my website
www.discoveryyourselfcoaching.com
and get your **FREE** report about coaching.

Put some spring into your step this April and allow the present to be perfect!

Contact Lois for a **FREE 30 minute discovery session** either by phone or in person.

Lois Galloway
Business & Personal Development Coach

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Lois Galloway is a member of International Coaching Federation, Coaches Canada and International Association of Coaches; trained by Coach University, Facilitation First and Relationship Coaching Institute, all well respected training facilities.



Lois provides her clients with a nurturing, non-judgmental space to engage in stimulating conversations and explore exciting possibilities that get positive results.

Her 30 years experience as a successful entrepreneur helps guide individuals on their journey toward personal and business related goals.

Personal Coaching:

- Women in their turbulent (sometimes troublesome) 40's and 50's
- Middle-age men wanting to reshape and transform their lives

Business Coaching:

- Business owners who can't find enough hours in the day to get things done
- Leaders who are paralyzed by fear of failure
- Team players who are frustrated with dysfunction and conflicts

Facilitation:

- Focus Groups looking for clarity and solutions
- Business teams, meetings
- Workshops and teleclasses
- Lois is a Certified PRINT Survey Assessment provider/coach.

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Lois' fees are available upon request. For fee structure and additional information, please send an email to: lois@discoveryyourselfcoaching.com

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