



Journey into Tranquility

Tranquillness

Volume 1, Issue 5
January 2010

How To Use Affirmations Properly

"I am, therefore I exist," is a phrase affirming one's existence as a being. It may be a simple phrase, but it says everything about the being saying them. It indicates a confidence not commonly found among other beings.

But why do people need affirmation? Why do beings need to be affirmed? Is existence relative to one's affirmation?



An affirmation is a very powerful technique to empower one's subconscious. Once the subconscious is disciplined to believe one's affirmation, the latter is converted into a positive action for the conscious mind. Through affirmation, beings are empowered to do, to work, and to strive for more things. Affirmation allows people to believe in themselves and to put their thoughts into action.

An affirmation is a combination of verbal and visual techniques of a preferred state of mind of a person. Strong affirmations can be very powerful, and can be used by almost anyone to achieve their goals and fulfill their desires. However, the power of an affirmation depends on how strong or

weak an affirmation is.

Affirmations are merely an assertion made by a person, about something or about a state of being. A person can affirm those that he chooses to attain, like "I now have a good life." Being healthy in mind, body, and spirit can also be made possible through affirmation.

A strong affirmation should be stated in the present tense to be more effective. An affirmation of "I am now a happy being" is more effective than an affirmation saying, "I am going to become a happy being." Affirmation should always be in positive terms because it is supposed to work for you and not against you. Instead of saying, "I am not sad," why not make an affirmation saying, "I am happy."

An affirmation should be made up of simple but concise words, and it should be short to be more effective. A very long affirmation can work the other way around, instead of creating a positive mindset for a person. A short affirmation can be easily spoken and repeated by a person. It can serve as a mantra that can be repeated over and over again.

To be effective, an affirmation must be repeated. Repetition works and influences the subconscious, which in turn motivates the person into acting out their affirmation. A person

who creates the affirmation should be deeply involved with the words they will be using, so they will be able to actualize their affirmation. Writing words that one believes in can be very powerful, and this can be put to good use when creating an affirmation.

However, creating an affirmation alone and repeating them a million times would not make the affirmation a state of mind. The important thing is to live one's affirmation and to be open-minded enough to do the things that would help the affirmation become a reality. Feeling the affirmation and applying it in one's life will help in making the affirmation a reality.

While affirmation is generally used to make an individual better, it can also be used to boost or confirm another person's value. By affirming another person's existence, you are helping them improve their self-worth.

An affirmation is a very simple thing that can make a very big difference in a person's life. It can be a great motivator and can make things happen.



Inside this issue:

How to Use Affirmations Properly	1
Miessence Unscented Massage Oil	2
Tourmaline	2
Tarot Corner - The Star	3
Ylang ylang essential oil	3
10-minute peanut bars	3
1001 ways to relax - number 164	4

SPECIAL OFFER

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in January

and

receive a FREE ionic
hydrotherapy Detox
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You asked for it
and now you've got it!

A dreamy, certified organic Unscented Massage Oil that feels like silk on your skin. Cold-processed and hand-blended with exquisite botanical oils that provide a nice slip for a relaxation massage and enough drag for deep tissue work.

- **Unrefined, high linoleic acid sunflower oil ensures superior skin compatibility and increases moisture content.**

- **Unrefined avocado oil contains vitamins A, B1, B2, Pantothenic acid, vitamin E and lecithin, all excellent for dry and wrinkled skin that needs regeneration.**

- **Organic jojoba oil is a highly penetrating liquid wax that is similar in composition to the skin's natural sebum.**

- **Organic rosemary CO2 extract fights against free radical formation.**

Not all massage oils are created equally. If it isn't certified organic, unrefined and cold-pressed, it isn't the best. Your skin - the body's largest organ - absorbs what's put on it. Massaging oils into the skin causes even deeper penetration. Harsh, toxic chemicals, including artificial fragrances, are absorbed by the skin, getting in the way of pure, deep healing and relaxation.

Add your own essential oils! miessence Unscented Massage Oil blended with miessence certified organic Essential Oils offer almost endless sensory possibilities. Whether giving or receiving, massage isn't just a luxury, it's a healthful, drug-free, all over body tonic!

"The physician must be experienced in many things, but most assuredly in rubbing." - Hippocrates



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Tourmaline

Tourmaline comes in the following colours: Black, brown, green, pink, red, yellow, blue, watermelon, blue-green.



Tourmaline helps you to understand yourself and others, taking you deep into yourself, promoting self-confidence and diminishing fear. It attracts inspiration, compassion, tolerance and prosperity.

Tourmaline cleanses, purifies, and transforms dense energy into a lighter vibration. It grounds spiritual energy, clears and balances all the chakras and creates a protective shield around the body.



Tourmaline brings the mental processes, the chakras and the biomagnetic sheath into alignment.



The striations along the side of this stone enhance the flow of energy, making Tourmaline an excellent stone for healing, energy enhancement, Chakra balancing and removal of blockages





Tarot Corner

Keywords: *Inspiration, ideal love, truth revealed*

Key Phrases:

- Realisation of a dream
- Insight and self-belief are essential for happiness
- Seeing the light at the end of the tunnel
- Knowing you are going to be successful
- Freely giving of yourself in love
- Idealisation of a person or goal
- Visionary progress
- New trust in a relationship

Interpretation:

The Star represents all the heavenly bodies that guide us across land and seas. The archetype of the Star provides you with your own personal shining light that will allow you to navigate successfully through life.

When you draw this card, your powers of self-expression are at their highest. You feel aligned

with universal energy and have hope and belief in the future. This card is beneficial in any layout and indicates success in love, work or financial aspiration.

The Star gives you permission to navigate wherever you want to go. But remember, this is a card of inspiration and does not give any practical solutions.



miessence® Ylang ylang certified organic essential oil

With a venerable reputation as a potent aphrodisiac, sweet, floral ylang ylang embellishes the wedding rituals of cultures across the world. Originating in the Philippines, ylang ylang means 'flower of flowers' This fragrance is traditionally used in aromatherapy to sharpen the senses and to temper depression, fear, anger, and jealousy. For these reasons, and also because of its reputation as an aphrodisiac, the flowers are spread on the beds of the newly married in Indonesia. People throughout the tropics

mix coconut oil with ylang ylang to use as a cosmetic and to protect their hair from salt water damage. Ylang ylang is also believed to be an excellent aid for those suffering high blood pressure and insomnia.

Of all the essential oils, ylang ylang is one of the best at relaxing the mind and the body. It is particularly useful with rapid breathing and rapid heart-beat and may also help with reducing high blood pressure and useful for intestinal

infections.

On the skin, ylang-ylang oil has a soothing effect and its balancing action sorts out over-dry as well as overly-oily skin by balancing the secretion of sebum, and has a stimulating effect on the scalp which promotes more luxurious hair growth.

Safety precautions

Excessive use can cause headaches and nausea



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10-minute peanut bars

Ingredients:

- 1 cup raw or roasted peanuts
- 1 TBS minced fresh ginger
- 2 TBS sesame seeds
- 1 cup raisins
- 2 TBS honey

Directions:

1. Grind all ingredients, except for the honey, in a food processor until fairly fine but still having some texture (you don't want it to have the consistency of peanut butter).
2. Add honey and process just long enough for it to blend in.

3. Press into a square about 3/4-inch thick on a plate or square pan and refrigerate for about an hour or more.
4. Cut into 2-inch squares.

Makes 12 bars

ENJOY!!!



Tranquillness

Tranquility and wellness for your Body,
Mind & Spirit.

Begin your journey today

For bookings

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Body, Mind & Spirit Wellness



www.tranquillness.net

Tranquillness is here to assist you on your journey towards total tranquillity and wellness for you as a whole, with a selection of treatments and products intended to help achieve total wellness.

We offer the following:

- Quit Cigarettes in 60 Minutes Guaranteed
- Ionic Hydrotherapy Detox with deep meditation
- Bath Magick's
- Aromatherapy
- Reiki Treatments
- Reiki Attunements
- Crystal Therapy
- Certified Organic & Probiotic Health Supplements
- Certified Organic Skin Care & Cosmetics
- Certified Organic Mother & Baby Range
- Certified Organic & Probiotic Cleaning Products
- Certified Organic Essential Oils
- Certified Organic Botanical Perfumes
- Dust Mite Removal

Coming soon:

- Tarot Reading February 2010

Call or [e-mail](mailto:samantha@tranquillness.net) today for an appointment!

We are all spiritual beings having a human experience.

1001 ways to relax By Susannah Marriot

Number 164

Eat by colour.



During times of tension, build your diet around dark green, yellow and red fruit and vegetables, which top up your vitamin content (drizzle with extra virgin olive oil to aid absorption).



Stress hormones, such as cortisol, deplete the body of the essential vitamins it needs to maintain health and wellbeing.



The antioxidant carotenoids that bring about the vibrant colours also boost your immunity and protect the body against heart disease.