

The NEWSLETTER for the WOMAN on a quest to find the TRUTH



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"How we spend our days is, of course, how we spend our lives."

Annie Dillard

Visit:

www.paulinehoule.com

Visit Pauline's book: *My Beauty & My Beast - Mind,*

Body and PMS

Fill in a survey and invite your friends to do so:

[Women and Men](#)

Read an article by Pauline on Migraines...

Good day dear woman and man reader!

This month is about getting yourself back on track and keeping HOPE alive.

As I was wondering what to write about this month, I received a short video clip I invite you all to view and share with your loved ones.

I guess a mixture of moments in the past few weeks with my clients in my office have been triggered and brought back to consciousness as I viewed this short clip. It is as if the Universe had put this moment on my table for me to contemplate for myself and goes without saying, to serve it back to all of you.

At times, I find myself repeating to clients of all walks of life how it is important to never give up, not allowing discouragement to take place, to continue work on our faith. I also refresh myself when needed that 'This too shall pass' and I have to pick myself up and continue my path.

I often teach that the number of mistakes is not what counts, but rather what I learn from them and how I evolve, make progress and keep my path and mission alive.

I often ask my clients how many times they think Thomas Edison tried before succeeding his first light bulb? As I hear their answers as being 'a few hundred times... or even a few thousands...' I thank Edison for having been more persevering for we would all be without a light bulb, for he took short of 12000 trials before he succeeded!

Walt Disney got refused by 302 banks replying he was dreaming, it would never work!

Without further ado, I invite you to look at this short video and ask yourself: *How much dedication do I have to help my life succeed? Do I fall and remain down?*

Here is the video to access:

<http://www.pmscramprelief.com/areyoustrong.htm>

[Send this link to a friend
so she can Get my Free](#)

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[You can access a book
review for My Beauty &](#)

[My Beast - Mind, Body
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Apply the question to any challenge you have right now in your life and share your answers with me: pms@paulinehoule.com

On that note, I will be on California TV on March 2nd on the following channel: Television Program ~ **Mondays, 4 PM, Cable Ch. 24** (Pacific Time Zone) with Gina Renée, Licensed Acupuncturist and health expert.

She also hosts a Health Talk Radio on Thursdays, 4:05 PM, 1240 AM KNRY, where I will be her guest on February the 26th, 2009. (Pacific Time Zone) Join in and call us with your questions at 831 373 1234.

See you next month and have a wonderful inner adventure to yourself.

NEXT MONTH: A surprise!

Warmly:

Pauline Houle - Therapist – author

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