

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



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'It exists but two infinite things. The Universe and human foolishness... but for the Universe, I do not have absolute certainty!'

Albert Einstein

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so: Women and Men

Good day dear woman and man reader!

This month will be short but deep as I bring in an explanation from Einstein regarding what really is the 'imagination'.

Furthermore, I am announcing I will become involved with an expert Clinic on Bio Identical hormones. This means their products are made with plants and are entirely safe compared to regular hormone replacement therapy.

If you are still belonging to those who are far from their menopause, it is yet a great time to start exploring what exists on our continent and stop believing only medicine has the answers for all your symptoms.

For now, I am leaving you with our genius, Albert Einstein and his quote: He perfectly defined what is 'imagination':

' Imagination is more powerful than knowledge.'

This may surprise you but it has been proved scientifically that: 'Our brain does not make the difference between an event that really happens and...an event that we imagine with as much precision as if it were really happening.

Here is an astonishing reality: an experiment done with sport.

They assembled two groups of basketball players of the same caliber. For three weeks, the first group trained as usual, that is to say, intensively.

During that same time frame, the other group trained 'in their head'. That is to say, each member of the team trained and imagined the same exercises, same gestures as if they really were on the basketball court.

At the end of the three weeks, those who had 'played in their head' were as good as those who really had trained on the field.

This is only one of the many proofs demonstrating our brain does not make the difference between a real 'act' and an 'imaginary act'.

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It can be the exact same result if you allow yourself to imagine an end result. Once you will have integrated that reality, you will see yourself accomplish more than before.

Those who succeed and obtain their goals do not get discouraged; even if it appears not to work, they continue imagining a different result. It is but one more aspect of the Law of Attraction.

Clearly visualize your goals and you will get there.

With all my wishes of success to you, be they financial, relationships, love or spiritual.

And with this coming Springtime, warming us all, I wish you great moments of accomplishments.

See you next.

NEXT MONTH: What are bio-identical hormones?

Warmly:

Pauline Houle - Therapist – author

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